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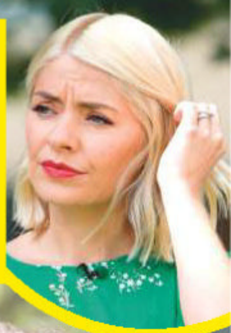


Holly's 'WORST WEEK OF HER LIFE'

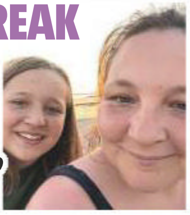
RUTH: 'I'VE SWORN OFF MEN!'

Her plan to get RICH after divorce

BREAKING NEWS

HARRY: 'THEY'LL NEVER FORGIVE ME'

Prince 'throws a grenade' into the palace with new betrayal



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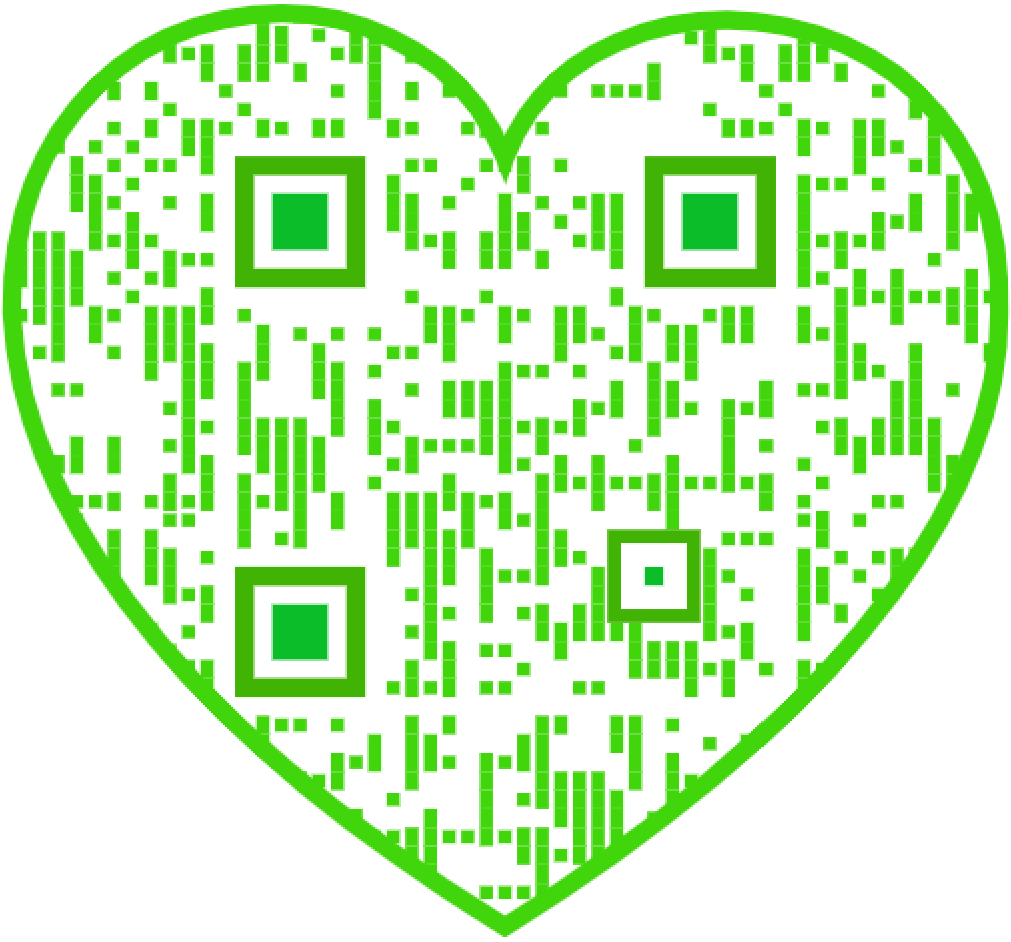

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How we're ramping up to Eurovision

Could Remember Monday be the first girl band to win in 40 years?

It's that time of year again and former *The Voice* stars Remember Monday are gearing up to fly the flag for the United Kingdom at this year's Eurovision Song Contest.

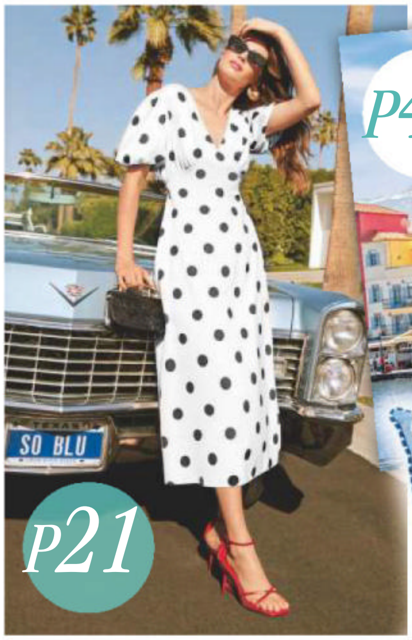
The trio – made up of Lauren Byrne, Holly-Anne Hull and Charlotte Steele – will represent us with the track *What the Hell Just Happened?* at the final in Basel, Switzerland following Nemo's win with the bonkers yet brilliant *The Code* last year.

As *Bella* went to print, the girls are a respectable 13th favourite to win this year's contest, according to the bookies.

Sweden's comedy group KAJ are favourites to win with their novelty song *Bara Bada Bastu*. If they win, Sweden will make history as the first country to win the contest eight times.

Other favourites to look out for on the night are Austria's JJ and France's Louane.

Graham Norton will, of course, lead proceedings for the UK broadcast of the live final on BBC1, while Sara Cox and Richie Anderson will host the commentary for the two semi-finals and Scott Mills and Rylan Clark will take over for the final on BBC Radio 2.



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By Samuel McManus, **Pictures** BBC **Cover pictures** Alamy, Imago, Rocky/WENN.com, Instagram

Beige briga

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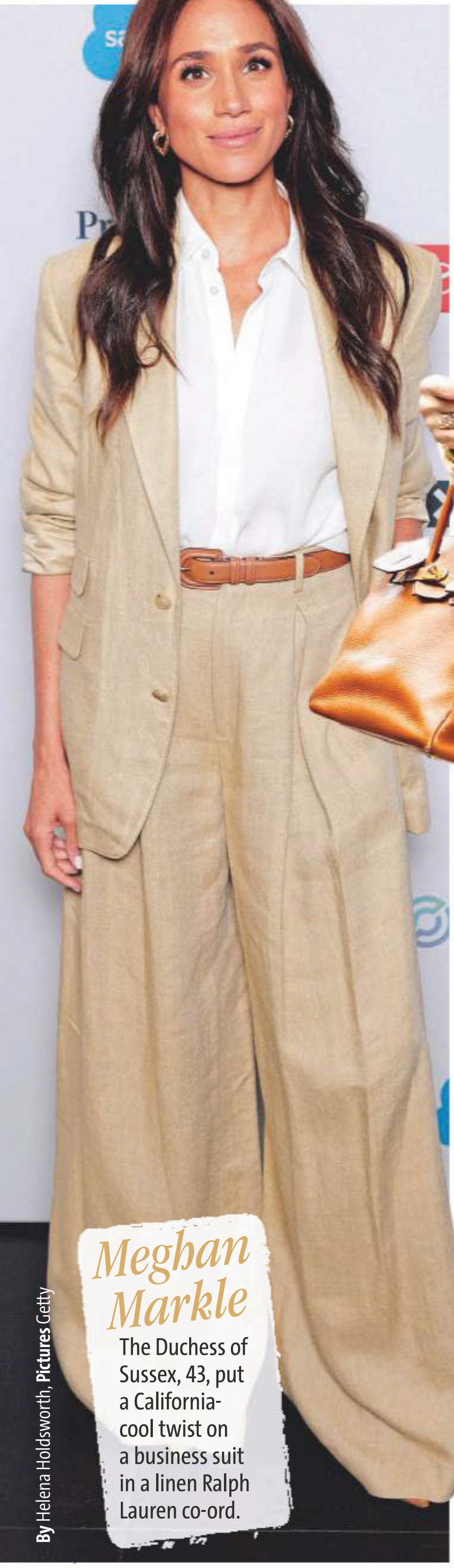
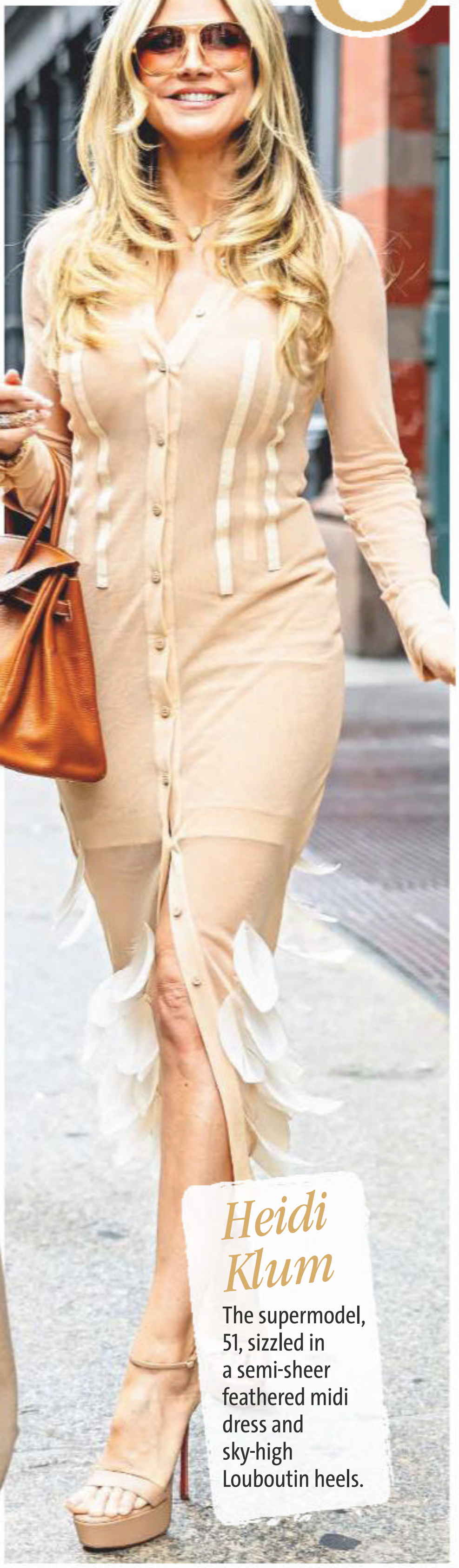


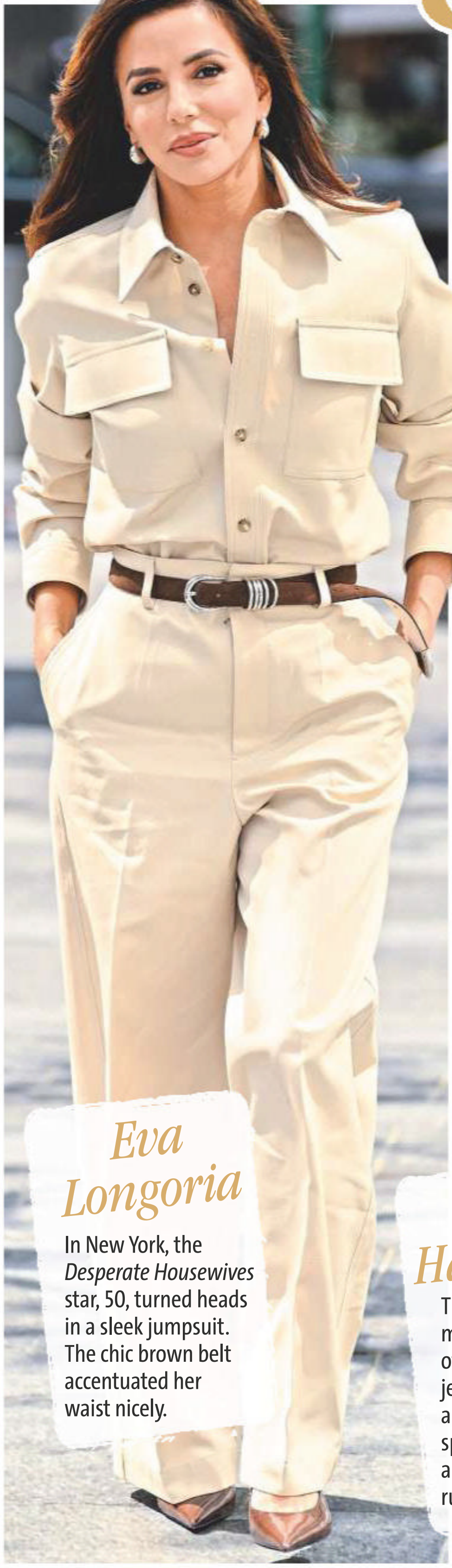
Meghan Markle

The Duchess of Sussex, 43, put a California-cool twist on a business suit in a linen Ralph Lauren co-ord.



Heidi Klum

The supermodel, 51, sizzled in a semi-sheer feathered midi dress and sky-high Louboutin heels.



Eva Longoria

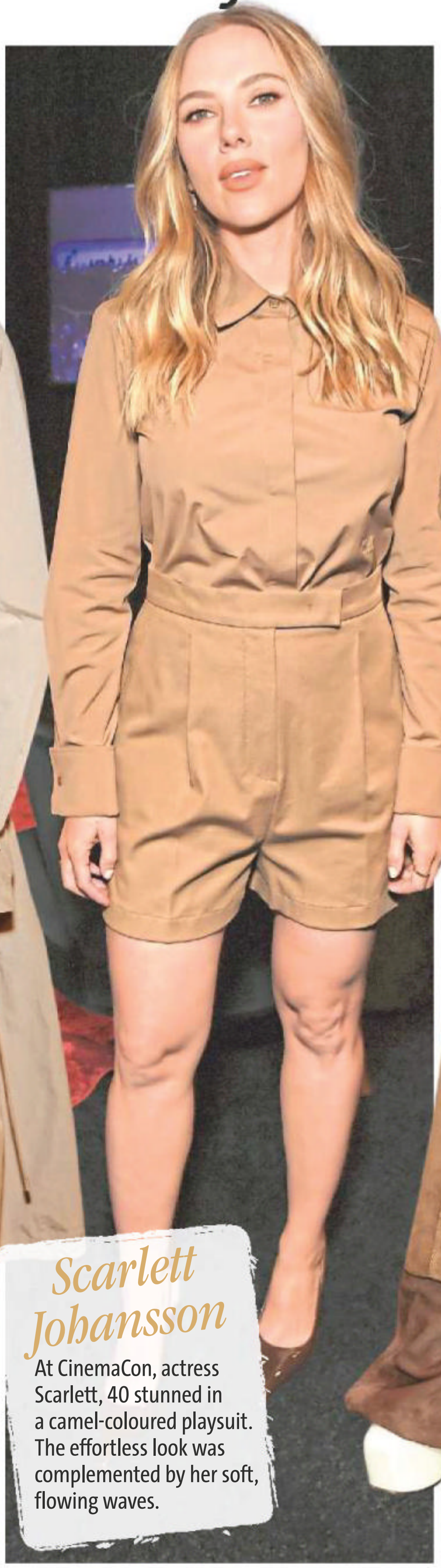
In New York, the *Desperate Housewives* star, 50, turned heads in a sleek jumpsuit. The chic brown belt accentuated her waist nicely.

Anne Hathaway

The actress, 42, mastered the art of elevating ripped jeans by adding a dose of dazzling sparkle, as seen at a Ralph Lauren runway show.

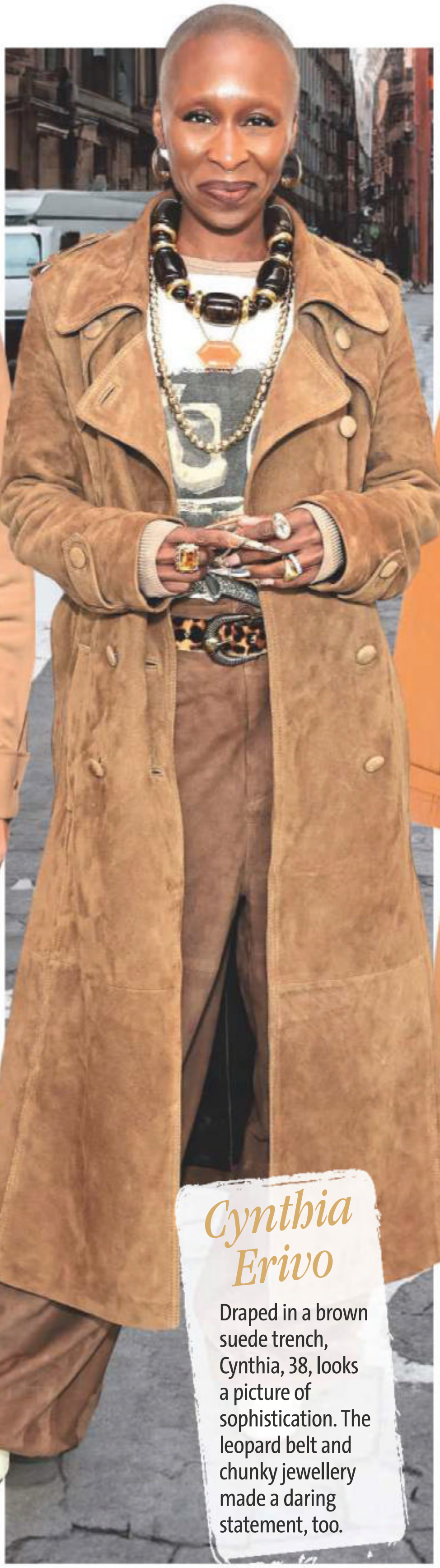
de

Neutrals are the go-to trend for celebs this season...



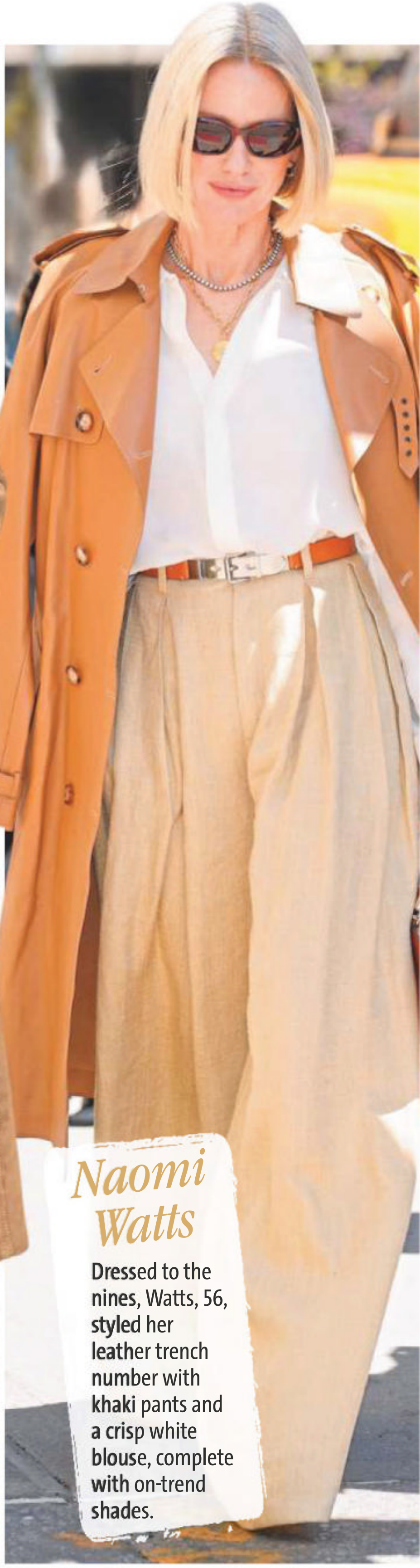
Scarlett Johansson

At CinemaCon, actress Scarlett, 40 stunned in a camel-coloured playsuit. The effortless look was complemented by her soft, flowing waves.



Cynthia Erivo

Draped in a brown suede trench, Cynthia, 38, looks a picture of sophistication. The leopard belt and chunky jewellery made a daring statement, too.



Naomi Watts

Dressed to the nines, Watts, 56, styled her leather trench number with khaki pants and a crisp white blouse, complete with on-trend shades.

Star's anger as TV show about her sick stalker airs

Exclusive

HOLLY'S 'WORST WEEK'

She's been trying to put the past behind her since hearing of the horrendous plot to kidnap and murder her, even moving home and withdrawing from public life. But 18 months on, Holly Willoughby has had to relive the terrible ordeal after a new TV show aired.

The Plot to Kill Holly Willoughby, which was shown on Channel 5 last week, looked into Essex security guard Gavin Plumb's decade-long obsession with the presenter and revealed further details about the gruesome plan, in his own words. Sources reveal how Holly, 43, is furious about the programme, which came nearly a year after Plumb – described as a 'dangerous man' who 'posed a very real threat' – was jailed for life for plotting to kidnap, rape and murder her to live out a sick fantasy.

'Holly was mortified the programme had been commissioned, with no care to her wellbeing or emotional state. This was the worst week of her life – having her ordeal documented, spun and sensationalised to build viewing numbers,' the source said. 'Holly told pals that producers should have given her more time to heal because it's still so raw. She feels vulnerable – she hasn't received the support or respect she would have expected.'

They added, 'Holly accepts she is in the public eye, but using her name and her personal story is a tough pill to swallow, especially dramatising this most horrific time which is not even in the distant past yet. Holly understands the fascination in crime, but giving him that airtime is wrong, and the thought of him watching it gives her chills. This has given him celebrity status and Holly felt sick when it was aired.'

Married mum of three Holly – who quit *This Morning* after finding out about the plan in October 2023 – opened up about her 'tough' year recently, revealing, 'It's been a tough one. There's no way of sugar-coating it. When something like that happens, you have a decision to make. You can either decide, right, I can take all this on board and it can absolutely affect every aspect of my life, or I can make a choice to go, "Let's focus on everything that's positive and good, all those important things."'

After Plumb was sentenced last July, Holly spoke of her relief. 'As women, we should not be made to feel unsafe going about our daily lives and in our own homes. I will forever be grateful to the undercover police officer who understood the imminent threat, and to the Metropolitan and Essex police forces for their swift response,' she said. She also thanked others 'for ensuring that justice was done and that the defendant will not be able to harm any more women'.

However, the insider claims that the show will be a further blow to Holly's ability to move on. 'This has brought on a second wave of fear into her and her family's lives as they are reminded of this difficult time. She feels beaten down but won't let this permeate into every area of her life,' they said.

BACK IN THE JUNGLE?

Gemma Collins could be returning to the jungle. The former *TOWIE* star, 44, is in talks to appear for *I'm a Celebrity All Stars*, 11 years after she famously quit the reality show after 72 hours as she declared, 'I don't think I'm going to be able to do this jungle lark. Murderers get treated better than this.' An insider revealed, 'She hated it first time round but knows it would be TV gold if she gave it another go.' Gemma has said she'd like to face her fears again, saying, 'Everything would be different a second time. I'd do the tasks. I'm not scared of anything.'

ALESHA'S EX FACTOR

Alesha Dixon has rekindled her relationship with partner Azuka Ononye as they attempt to give their romance 'one last try'. The *Britain's Got Talent* judge, 46, and the 44-year-old dancer have been together for 12 years and share daughters Azura, 11, and Anaya, five. A source said, 'They went through a really rocky patch and decided to call it a day. It had been difficult for a long time and Alesha couldn't see a way forward. But there's still a huge amount of feeling between them. So they have decided to give it one last try. They both desperately want to be a family again and are going to do all it takes to make it work.'

Ron's baby joy

Rupert Grint has welcomed his second child with actress partner Georgia Groome. The 36-year-old actor, best known for playing Ron Weasley in the *Harry Potter* films, shared a snap of their newborn on Instagram, writing, 'Introducing Goldie G. Grint. A 10/10 baby (so far).' Fans sent their congratulations to the couple, who also have daughter Wednesday, four. One said, 'Another Weasley!', while another remarked, 'A mini Ron'. Rupert – who recently starred in Apple TV+ series *Servant* – revealed he adores fatherhood. 'It's great. I'm absolutely loving being a dad. It's just the best thing. It's amazing how it completely takes over everything,' he revealed.

By Shereen Low, **Pictures** Getty, Instagram, Shutterstock

London Marathon pic special!

Running man

Joel Dommett revealed how his second attempt at the TCS London Marathon didn't quite go to plan, after he fainted mid-way. 'Not the race I expected... I woke up in an ambulance,' said the TV host, 39, who later completed the race in six hours.

Top time

Spencer Matthews came top of the celeb runners after he finished the 26-mile race in three hours and seven minutes. 'What a day!' he said. Spencer, 36, holds the Guinness World Record after running 30 desert marathons in 30 days last year.

Doing it together

Married couple Kelly Brook and Jérémy Parisi completed the London Marathon together. Kelly, 45, was visibly emotional as she crossed the finish line with Jeremy, 39, at six hours 42 minutes. Sharing a snap of themselves with their medals, Jeremy wrote, 'We did it!'.

Exclusive

Ruth: 'I've sworn off men!'

While Eamonn has a new beau, Ruth is loving single life – and could be entering the jungle…

It's been a year since daytime TV's golden couple split up, but while Eamonn Holmes is in a new relationship, Ruth Langsford is avoiding men completely and concentrating on her career.

A source has told us, 'She's said she's sworn off men for the moment. Everything she's focusing on is around her career – she's building an empire so that she and her son Jack can live a life of luxury.' Ruth and Eamonn, both 65, presented *This Morning* together from 2006 to 2022, with Ruth being the longest serving presenter on the ITV breakfast show after she started as a guest presenter back in 2000.

Since they were replaced as regular hosts by Alison Hammond and Dermot O'Leary, Ruth's TV career has continued to soar and she has remained a firm favourite at ITV, while Eamonn moved to present on *GB News*.

Ruth, however, has remained as a regular anchor on *Loose Women* – which she has appeared on for 26 years – has her own range of clothing for QVC and has appeared on numerous other programmes including *Unpacked*, the spin-off show to *I'm a Celebrity... Get Me Out of Here!*. Last year Ruth flew to Australia to talk about her *Loose Women* co-star, Jane Moore, who was in the jungle at the time. Viewers loved seeing her on the show and now it seems like she could be going into the jungle herself on the main show.

Eamonn with girlfriend Katie

Our source added, 'Ruth is hot property at the moment, and ITV can see that. They know how popular she is and, after her stint on the panel for *I'm a Celeb Unpacked* last year, it's got producers talking. Pals are wondering if she'll be heading down under as a contestant herself later this year. There are a lot of offers on the table though – and she's weighing them up. One thing is for sure: she would never go back to *This Morning*. That ship has sailed.'

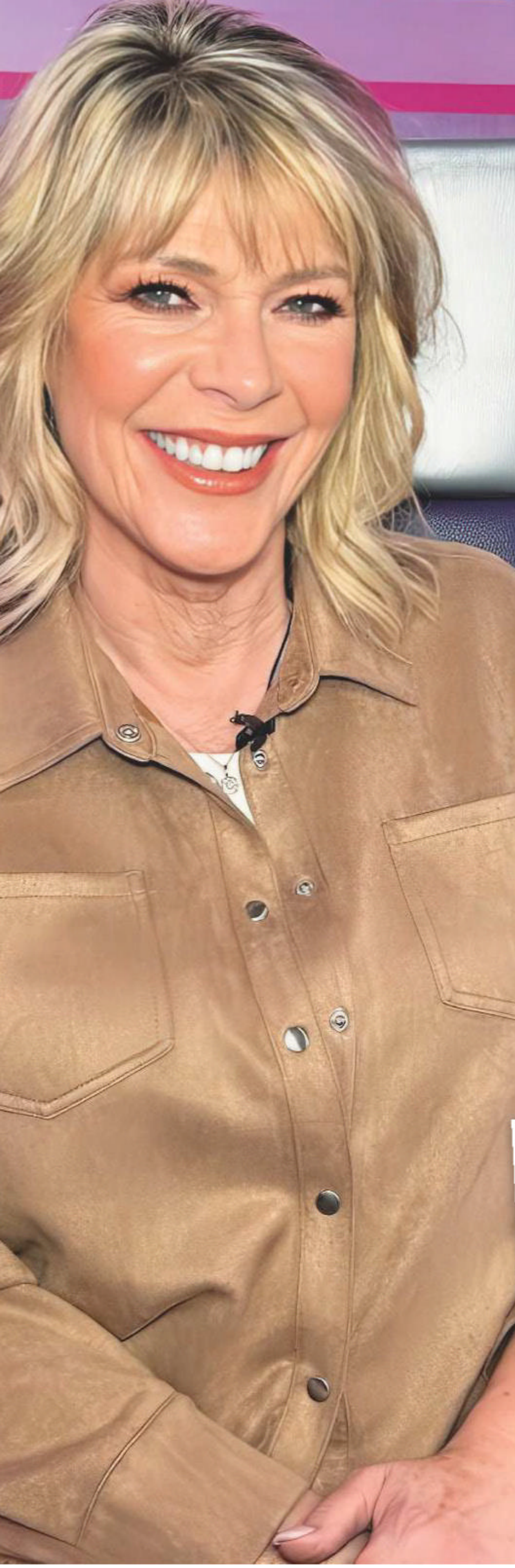
'That ship has sailed'

Ruth and Eamonn first began their relationship in 1996, after Eamonn had separated from his first wife, Gabrielle Holmes. Eamonn had three children from his first marriage, and in 2002, he and Ruth had their son, Jack. In 2010, he and Ruth tied the knot in Hampshire. The married couple were loved by the public, for their relationship and their on-screen partnership, but by May 2024, after 14 years of marriage, the pair announced they were splitting with a statement released by their spokesperson.

Shortly after the split, Eamonn entered into a new relationship

On *I'm a Celebrity: Unpacked* last year

She's had a glamorous makeover



Loose Women continues to be Ruth's main TV job

with 42-year-old counsellor Katie Alexander, who has three children of her own from two previous partners. The pair have been going on holiday together and spotted out regularly. Eamonn certainly seems like he's moved on, and Katie is keen for their relationship to progress so she can move from West Yorkshire down to London – although Ruth apparently doesn't want to hear about it.

Our source says, 'When it comes to Eamonn, [Ruth] doesn't want to know anything about him. They haven't been in touch at all. In fact, both sides just want the divorce to come through but it's taking its time. Both are desperate for it to be over. Katie especially wants it to finalise so she and her kids can move in with Eamonn, as she's still doing her long trips down to see him every week.'

While Eamonn moved on from his marriage quickly, the divorce hit Ruth harder as she previously said, 'Relationship breakdowns are very difficult… but you just deal with it and you have to move on. I'm not delighted my marriage is over but I've accepted that my marriage is over, so I am trying to now embrace the fact that I'm single and can make choices that are just about me.'

'They aren't in touch'

And Ruth certainly has been enjoying single life. She has regularly been sharing clips and photos on her social media of her going on holidays and nights out with her showbiz friends like Rylan Clark and Lizzie Cundy.

Our source says, 'Ruth is putting herself first for the first time in a long time. She's enjoying time with her girls, holidays, nights out and lots of cocktails. Dating, and men, couldn't be further from her mind right now.' But that doesn't mean romance won't be on the cards for the future. Ruth previously said, 'I'm quite fine being on my own, but not forever. When you're in a relationship, it's easy to say, "Great, I've got a weekend to myself," but when you think that might be every weekend, it's a different story.' Maybe Ruth could find love in the jungle?

Out with her pals

By Amy Lo, **Pictures** SplashNews.com, Instagram, ITV, Shutterstock

Exclusive

'There would be NO GOING BACK'

More bombshell revelations are expected from Prince Harry, throwing a 'grenade' at the palace

Relations between the Sussexes and the royals are tense

More than two years after his explosive memoir *Spare* was published, Prince Harry is said to be preparing to release its follow-up. Insiders claimed that the sequel could inflict even more lasting damage, on his brother William, father Charles, and lead to even more tension between the Sussexes and the monarchy.

The new book is expected to contain fresh insight into the strained relationship between Harry, 40, and his wife Meghan Markle with his brother and sister-in-law, Prince William and Kate Middleton, our future King and Queen. 'Some information includes details on William's thoughts about the Royal Family and the future of the monarchy,' said the source. 'It could be extremely damaging for him, especially as he's next in line to the throne.'

> 'My family wouldn't forgive me'

The insider added, 'The second book will be like a grenade being thrown into the throne room of Buckingham Palace. There will be no turning back for the Sussexes. They will be in permanent exile. The details will be so damaging to the royal family that it could blow them apart.'

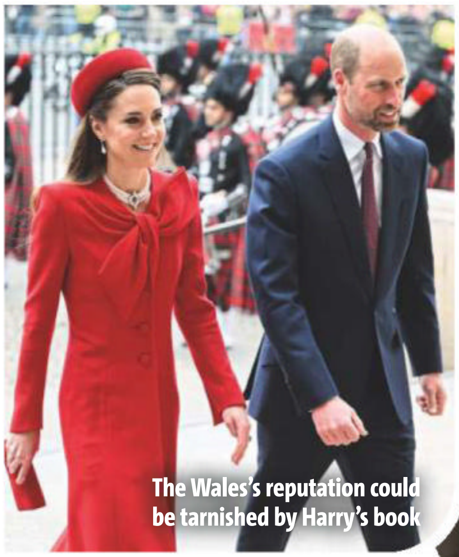
Spare, which Harry described as 'accurate and wholly truthful' when it was published in January 2023, sent ripples throughout the royal family with Harry's revelations about his and Meghan's strained relationship with William, his father Charles and stepmother Camilla, as well as how the young prince lost his virginity and his drug use.

The Duke of Sussex previously revealed that he had to cut significant material from *Spare*, and had enough for another book. Senior figures are said to be stunned by how many private and intimate moments he chose to share in the autobiography, which caused irreparable damage between the Sussexes and his family.

At the time, Harry said, 'The first draft was different. It was 800 pages, and now it's down to 400 pages. It could have been two books, put it that way. And the hard bit was taking things out.'

Harry – who claimed that the book's aim was 'not trying to collapse the monarchy' but to save and reform it for the future generations – admitted that he held back certain disclosures that the King and Prince William would not 'ever forgive' if they were made public.

'There are some things that have happened, especially between me and my brother, and to some extent between me and my father, that I just don't want the world to know. Because I don't think they would ever forgive me,' Harry said.



The Wales's reputation could be tarnished by Harry's book

Harry's claims could hurt the King and Queen

One includes more revelations about his 'wicked stepmother', Queen Camilla, the source added. They claimed, 'Harry has some very interesting tales about the Queen. They could be extremely damaging for the royal family and the public might see them in a different light.'

According to the insider, the unpublished material – which Harry is in 'tentative discussions with publisher Penguin Random House' about – includes further details surrounding the identity of the so-called 'royal racist', which was first mentioned in Omid Scobie's book *Endgame*, as well as a tense confrontation involving King Charles and his two sons. The source said the revelations 'could bury the royal family' and effectively close off any possibility of a reconciliation between Harry and his relatives.

'Harry himself has previously said he can write a follow-up, but it would mean he wouldn't hear from his family again, no going back,' the source added. 'However, because they have already cut him off, he thinks, *what's the point in keeping it private?* It will be shocking.'

'They'd be extremely damaging'

Palace insiders are said to be concerned that financial pressures could be behind the Duke's decision to release a second memoir. Harry and Meghan have suffered financial blows in the past amid the early ending of their lucrative $20 million partnership with Spotify, uncertainty over their $100 million Netflix contract, a drop in revenue with their Archewell company and Harry's legal battles with the press.

'The Sussexes are no longer taking taxpayer funds, so they have to find ways to make money elsewhere,' the source said. 'Books, documentaries and their foundation are how they can sustain their lavish lifestyle.'

Meanwhile, Meghan shared a new photo of their children Archie, who turns six on 6 May, and Lilibet, three, on Instagram. The pair, whose faces remain obscured, are seen picking roses in their garden at their home in Montecito, California. 'Sunday kind of love… with my little loves,' Meghan wrote.

It came a day after Meghan – who recently released her As Ever line of jams, honey, teas and baking mixes following her new Netflix series *With Love, Meghan* – revealed Archie and Lilibet's American accents for the first time. As mum and daughter made strawberry jam together, Meghan asked, 'What do we think, Lili?' to which the little princess said, 'I think it's beautiful.'

Meghan also shared a clip of Archie and herself feeding their Koi fish over a 'cosy weekend'. 'Mama, watch it! I just fed it!' he was heard saying. Fans enjoyed the unexpected insight into the Sussexes' life, calling the kids 'sweet' and 'adorable'.

By Shereen Low, Nathan Kay, **Pictures** Instagram, Shutterstock, Getty

Picking roses with Lilibet

Archie in the rose garden

Exclusive

Jenny: ‘ a numb

Jenny Powell chats to *Bella* ab
and why she’s embracing turn

First bursting onto the presenting scene in the ’80s, Jenny Powell has enjoyed a career spanning four decades.

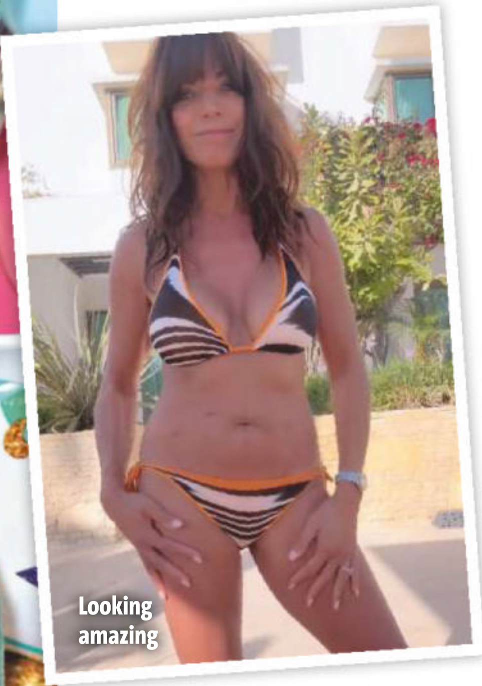
But the radio and TV host, 57, shows no signs of slowing down. After recently landing a show on Greatest Hits Radio’s new ’80s channel, Jenny says it’s a chance for her to share memories from her life and career.

‘People are very nostalgic – everybody’s looking back and remembering the good times. We look fondly at our youth, and a lot of that has to do with music,’ she says.

> ‘I’m quite proud of myself’

Now, Jenny – who is mum to Constance, 24, and Pollyanna, 16, with ex-husband Toby Baxendale – opens up to *Bella* about her hysterectomy last October, some of her career highlights, and why she won’t shy away from turning 60.

How does it feel to still be so loved in broadcasting?
It’s crazy! I never thought I’d still be in this industry. I’m quite proud of myself – I’ve always had a bit of imposter syndrome, so it’s taken a long time for me to pat myself on the back and be like, ‘Well done you!’ What’s really amazing is that after 40 years, I still get people coming up to me in the street to say, ‘You were a huge part of my youth.’ It’s really lovely to know it wasn’t all in vain – you’re still appreciated and valued.



Looking amazing

Did you feel like a trailblazer at the time?
I think I was just doing me! It’s only when I look back that I realise I was quite a trailblazer. To be 19 and to present *Top of the Pops* as a girl and someone

Age is just
er!'

out the '80s
ing 60

Presenting *Top of the Pops* with Andy Crane

of colour… I'd never have believed you in a million years! But I never saw it as if I was making a stand for anything – I'm just glad it inspired some people later down the line.

Any wild celeb stories from your time in the industry?

I went out with Matt Goss for a while, that was hilarious. I've never climbed over so many garden fences or gone through so many hotel kitchens in my life. But I was so young and it was very exciting. I've still got a pair of his ripped jeans at home – my mum's got them in the loft! She said, 'What am I going to do with these jeans, they've got holes in them!' I said, 'Mum, put them on eBay, we'll make a fortune!'

How do you feel as you're heading closer to 60?

I'm all about embracing your age. 'You do you' is what I say, whatever that may be. Whether it's strutting your stuff in a bikini while on your jollies – or not – just go for it. There are now more of us approaching these big numbers and thinking, as much as it's a cliché, 'It is just a number.' I won't be shying away from it – I'll be singing it proudly from the rooftops.

> 'I think this is my calling'

You had a hysterectomy to ease severe menopause symptoms. Why did you speak out?

I suffered in silence for a very long time with all sorts of awful symptoms. Being a working mum, I never really complained. Surgery was a last resort, but it got a huge response on social media – 2.5 million views and 40,000 women joined my socials. They were crying out for some guidance, and sharing my story helped them feel so much better and more confident. So now, I have this community. I've got a heritage in one industry, but I think this is my calling.

Daughter time

Do you feel any pressure about leading the community?

A bit, but I know my boundaries. I will answer as many messages as I can, using my own experience and also professional help. But I'll definitely set up some kind of platform. It's only been six months, so I'm still learning and healing. We're all healing, one way or another. And that's what I'm going to focus on.

You're going to be hosting *Jenny Powell's '80s Party Anthems* – are you excited?

Yes! I'm especially grateful to be part of the Greatest Hits '80s team because it's my favourite decade. I'm always boring my children with music from it. All my favourites are played on there – Whitney Houston, Duran Duran, Madonna, A-Ha, Blondie. I've been with Greatest Hits for four and a half years now, and I do feel like I'm part of the furniture.

What do you think is the ultimate '80s party anthem?

It'd have to be a Wham! one. I like *I'm Your Man*. Or *Club Tropicana*. Or *Wake Me Up Before You Go-Go*… see, that's the problem, you can never just choose one! But the Wham! songs really transport you back to those times and that era, which was so special for all of us.

● *You can listen to Jenny Powell on Greatest Hits Radio '80s every Saturday from 4pm-7pm for her '80s Party Anthems.*

By Sophie Cockerham and Samuel McManus, **Pictures** Getty Images, BBC, Shutterstock, Instagram

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Helen Danso grew up believing her mum had abandoned her, until her dad revealed he'd kidnapped her from their home in Ghana and brought her to the UK. After his death, Helen finally spoke to her mother, who'd spent years trying to find her. Sadly, her mum died before they could meet, but Helen forged an amazing connection with the family she'd been stolen from.

Helen used The Story People to share her family reunion story, and you can too.

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bella debate

Former *Made in Chelsea* star Millie Mackintosh says giving up alcohol has made her a more present mum to her two daughters. *So we ask…*

Does not drinking make you a better parent?

No ‘Being happy makes me a better parent’

Aceil Haddad, 35, Founder of MATT PR

This question feels like another veiled judgment – a subtle way to rank parents based on lifestyle choices.

But what does it mean to be a ‘better’ parent anyway? Is it about being more present, more patient, more joyful? For me, it’s all of the above, and happiness is central to that. If a glass of wine contributes to my sense of balance and contentment, then so be it.

I’m a mother of two, I run a business, I’ve other commitments. Like many, I juggle a lot. I also have a brilliant childminder and a supportive partner. What makes me a better parent isn’t abstaining from alcohol – being happy is what makes me a better parent. Parenting isn’t about denial; it’s about moderation, perspective and modelling that for our children.

Somehow, the decision not to drink has been elevated to a moral high ground. Abstinence doesn’t automatically make one more present or principled. In fact, choosing pleasure in moderation is a lesson in itself. We want to raise kids who can make good choices, not ones who are shielded from them entirely.

In the UK it is legal to drink from 16 with a meal – something I was always offered – and by the time I was legally of age, it was no big deal. My parents showed responsible drinking, and I’ve largely followed their lead.

We shouldn’t fear alcohol, we should in fact demystify it.

Yes ‘I parent more consistently’

Hannah Doyle, 41, Author

I really don’t want to make anyone feel bad about the choices they make and, when I say that not drinking has made me a better parent, I mean it very much from personal experience. There’s no judgement here.

Besides, drinking is great! That glass of red after a long hard week at the parenting coalface? Yes please! I’d still be drinking now if it *was* just a glass of red. But it was all the stuff associated with drinking that started to bother me. It affected my sleep. The amped-up anxiety. Something I saw as a treat at the weekends actually made me more snappy and less fun.

After doing Dry January last year, I realised I didn’t want to go back into that cycle. The short-term gain of a buzzy Friday night was no longer worth the ripple effects. So I just didn’t start drinking again and, honestly, it has been the best decision I’ve made in ages.

One year in and, mentally, I feel clearer and happier. I also parent more consistently, because I’m not adding that weekend rollercoaster of poor sleep and deflated mood into the mix. Knowing that I’m on sure ground makes me a better mum. I am more calm, consistent and tolerant with my children.

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By Paula Costas, **Pictures** Shutterstock

'My daughter should still be here – her death could have been prevented'

Kathleen Firth, 37, knew her 13-year-old was being targeted by bullies, but had no idea how bad things had got…

Alyssa was usually bright and bubbly

Glancing over at my 12-year-old daughter Alyssa, my heart sank. Her face was illuminated by the phone screen she was staring intently at, but her expression was anything but bright. I knew she was being picked on at school, but the all-consuming nature of social media meant she never got a break. It was 2021 and, although my partner Chris and I had implemented rules to only use her phone downstairs so we could keep an eye on her, I was still terrified about the messages she was receiving. Alyssa had lost her spark and become a shell of her former self. It was heartbreaking to see my usually bright and bubbly girl like this.

When Alyssa was born in February 2009, I was smitten. I'd had my daughter, Daniella, the previous year, and in 2011, our son Jenson was born. Alyssa and Jenson were inseparable and best friends. As they grew, they'd build dens in Brungerley Park, which was just a few minutes away from our house in Clitheroe, Lancashire. And when my youngest, Poppy, was born in 2014, they doted on her.

Alyssa thrived at primary school, but everything changed in 2020, when she started at secondary. Due to pandemic restrictions, Alyssa was forced into a bubble with people she wouldn't normally be friends with, which affected her. I suspected Alyssa might be neurodiverse as she struggled with social cues and making friends. But every time I mentioned to health professionals or teachers about getting an official diagnosis, they'd ask if I was sure I wanted to put that 'label' on her. The wording felt like a deterrent and made me question whether it was the best thing for Alyssa. Besides, we had other things to worry about when Daniella told us bullies were spreading false rumours about Alyssa. Angry, I spoke to the teachers, but they didn't deal with it properly. And now, watching Alyssa on her phone, my fears resurfaced. 'All OK, Alyssa?' I asked. 'I'm fine,' she said, dismissively.

She thrived at primary school

But she wasn't, and I felt completely helpless. My job as a mental health support worker for adults made me more aware of her struggles, but despite our best efforts, nothing seemed to work. Alyssa refused counselling, and we couldn't force her into it. We even moved her to a different secondary school, but the bullying continued.

'I felt completely helpless'

One day, she burst through the door in tears after two girls had attacked her at the bus stop. Frustratingly, the school wouldn't take responsibility, so I went to the police. I was told an officer would come to the house to take a statement, but they never did. In September 2022, we moved Alyssa to her third secondary school. Jenson was there too, and it seemed she was making positive progress. Her spark was d

Kathleen and her daughter Alyssa

back, her passion for drawing was reignited and she was in top sets.

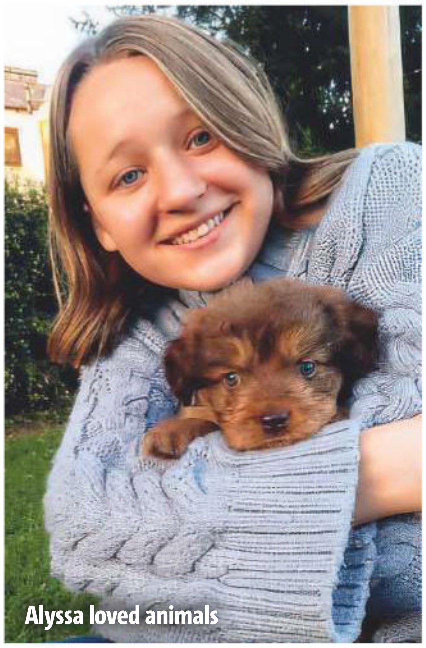
At a parents' evening that December, Alyssa's teachers also noticed she had potential signs of autism. They mentioned doing an unofficial observation assessment, which would mean support could be put in place to help her. I was flooded with relief. Finally, my concerns were being heard and it seemed like there was hope for the future.

On Sunday 12 February 2023, I called out to Alyssa as I was leaving for work. 'I'll see you later. Love you,' I said as I opened the front door. 'Love you, bestie,' Alyssa replied back. It was a busy shift, and afterwards Chris and I went to the supermarket. As I pushed the trolley down the aisle, my phone buzzed with a text from my sister Donna. 'Are your kids OK?' it read. 'I've seen a post on Facebook saying that a kid is hurt in Brungerley Park.'

My heart started pounding, sensing something was wrong. Had there been an accident? Could Alyssa or Jenson have fallen out of a tree? We raced home, where we found Jenson alone. Unconcerned, he told us Alyssa had popped out ages ago, but panic overcame me. The room started to spin, and I thought I was going to be sick. I bolted back to the car and Chris sped us over to the park. When we pulled up to a police officer, I was frantic. Chris gave Alyssa's description, but I couldn't wait another second. I flung open the car door, ducked under the police tape and ran to the woodland area where Alyssa and Jenson would build dens. No one stopped me, so I believed my gut instinct was right. It was my Alyssa. I fell to my knees and screamed her name before being taken back to Chris. We showed the police a photo of her, and they confirmed she'd been found unresponsive and taken to hospital. 'Has someone been arrested?' I asked, wondering who had hurt my little girl. But when the officer replied, 'No one else was involved', reality sunk in. Shocked and heartbroken, I realised Alyssa had done this to herself.

'The room started to spin'

The 30-minute journey to hospital was a blur. I was in disbelief and thought I'd wake up any moment. I desperately wanted to believe doctors had saved her, but when we arrived, we were escorted to a private room. 'I'm sorry, your daughter has passed away,' the doctor told us solemnly. I clung to Chris and broke down. A part of me had died too. Five days later, on what should have been Alyssa's 14th birthday, all I wanted to do was stay home and cry. I'd previously planned for the family to go roller skating, but when someone suggested a balloon release in her memory in the park, we did that instead. Lots of people turned up, and the support continued when we held Alyssa's funeral three weeks later. It was a special day with a horse-drawn carriage and dove release.



Alyssa loved animals

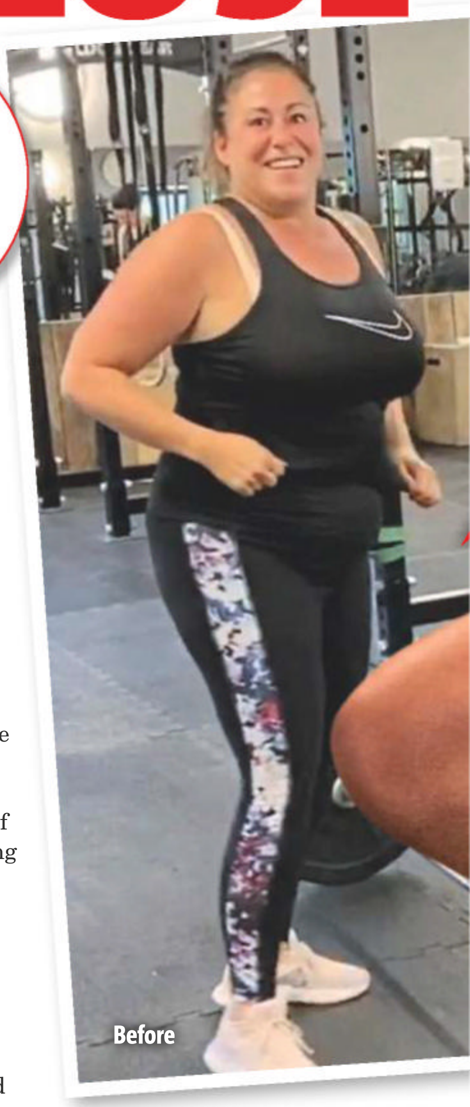
Life hasn't been the same since we lost Alyssa. The kids are incredibly close, having been bonded by their grief, but we're missing a massive part of our family. Jenson has lost his sidekick and best friend. Fundraising has helped get us through. We've hiked up Mount Snowdon and hosted raffles to raise over £11k for Papyrus, a mental health charity for young people, Chester Hospital and the firefighters. For Alyssa's 16th birthday this year, we want to donate to an animal charity, because that was her to a tee. She loved animals and had ambitions to work for the RSPCA.

It haunts me that Alyssa's death could have been prevented had we known how much she'd been struggling. There was no explanation for why it ended this way. She was battling demons we didn't understand, and it's terrifying to think how well she hid her true feelings. I do wonder if things might have been different if she'd been diagnosed with autism and had the support she needed, but sadly she died before the school could assess her. Now, all we can do is move forward, despite missing our darling girl every day.

By Ellie Fawcett and Amber Connolly

‘My TV shame helped me LOSE 9 STONE’

BEFORE
17st 7lb
Size 18


Before

Feeling humiliated after watching herself on the TV news, Lara Besbrode, 56, totally transformed her life

Settling on the sofa, my heart raced with excitement as I turned on the news on the TV. It was February 2021 and the atmosphere was electric as my family and I gathered round to watch my first ever interview on telly. I’d been asked on as a dating expert to talk about my introduction agency, *The Matchmaker UK*, which I’d set up the year before. ‘Look, it’s you!’ my youngest daughter Pixie, 10, squealed, as a shot of me perched on a park bench on a drizzly winter’s morning came into view. I saw my lips moving as the interviewer asked me about the couples I’d brought together, but I wasn’t registering the words coming out of my mouth as I was too distracted by my appearance. ‘I look awful, like a beached whale,’ I said and burst into tears. I didn’t usually even like having photos taken of me, so going on TV had been a huge deal and now I felt utterly humiliated. ‘Mum, we love you whatever you look like,’ Pixie soothed. But it hit me there and then: *I had to lose weight.*

At 5ft 5in, I weighed 17st 7lb and kidded myself I was a size 18 by squeezing into ill-fitting clothes that left me with red marks because they were so tight. In my 20s, as a busy PR in London, I’d been healthy and in shape and was a slim size 10 on my wedding day, but I’d started to gain weight after my pregnancies. Then, in the years that followed, one challenge after another caused me to overeat. First, it was my divorce from the kids’ dad, then the stresses and strains of running a business and navigating life as a single mum. To keep my energy levels up, I’d scoff sweets from a huge snack box in the cupboard. During the pandemic, I home-schooled my youngest while spending up to 18 hours a day glued to the laptop working on my business. By the evening, slumped on the sofa and too exhausted to cook, I’d order a takeaway and crack open a bottle of wine to help me unwind.

I got bigger and bigger and, over the years, I tried all sorts of diets. I’d lose a few pounds before slipping back into my old ways,

Lara was upset by her appearance on TV

Lara Besbrode
The Matchmater UK
BBC NORTH WEST TONIGHT

Now she’s fallen back in love with herself

AFTER
8st 8lb
Size 6-8

Now

telling myself that it wasn't my fault as I had too much on my plate to think about dieting. The truth was, I'd given up on myself. At 48, the menopause had left me feeling like I was entering a new phase of my life, one where I shouldn't care what I looked like. And the symptoms I was battling, including anxiety, depression, headaches, aching joints and insomnia, weren't helping either. I was on medication from my GP but it wasn't addressing one of the underlying causes of my misery – my weight.

But after the TV interview, I had a new-found determination. Seeing myself on screen in such a state, knowing many millions were watching, was the wake-up call I needed. I felt ashamed that I'd lost control of my life and my eating. And so, with the help of YouTube videos and fitness apps, I began doing workouts in my living room, making do with whatever I had in the house, such as lifting cans of beans and doing star jumps in the kitchen. I also embarked on a new way of eating, dusting off my old cookbooks to prepare simple, unprocessed meals such as lean meat or fish with vegetables and sweet potato. Low-fat dairy was banned and, instead, I had the full-fat versions but less of them. I swapped wine for water – two litres each day – and made sure I didn't eat anything after 6pm to give my body a chance to have an overnight fast. Instead of sweets, I snacked on fruit and vegetable sticks which I'd chopped up on a Sunday night. If I needed energy, I'd have a coffee or a banana.

DIET BEFORE

BREAKFAST: Nothing
LUNCH: Sandwich and a low-fat yogurt
DINNER: A huge takeaway, normally Indian
SNACKS: Sweets, chocolate, biscuits and cakes

DIET AFTER

BREAKFAST: Two eggs and avocados, with a slice of sourdough
LUNCH: Salmon, sweet potatoes and broccoli
DINNER: Chicken with green vegetables
SNACKS: Banana, almonds or cucumber sticks and houmous

To keep me motivated, I stuck a glam photo of me in my 20s in a bikini on the fridge. Morning and night, I'd force myself to look at my naked body in front of my bedroom mirror, telling myself, 'You can do this' and 'You're beautiful'. I cried at first, but it helped remind me why I had to keep on going. Each week, I lost a pound and, one day, when I stood in front of the mirror, I looked at my tummy and realised with a thrill that my body was stronger and more toned. The diet was working.

My energy levels soared with each stone I shed as I was carrying less weight and, when my kids gave me six shuffle dancing classes for my 55th birthday, they helped to keep the momentum going. In January 2024 – three years later – I'd reached 8st 8lb. I'd lost an amazing nine stone and dropped to a size 6 to 8. By then, my menopause symptoms had almost disappeared and I felt fabulous! I'd also been alcohol-free for 400 days.

My three kids are so proud and are always sending me Snapchats to remind me what I've achieved. 'Remember how you used to look and how you look now!' my daughter Pixie said the other day, showing me photos from my birthday party last year. I'd dressed casually for the occasion, wearing a simple pair of jeans and a jumper, but even in my everyday clothes, I'd felt incredible. So much so, that I'd stood front and centre in the snap instead of hidden behind someone like I used to! I feel proud when I see videos of myself now, too.

These days, I don't feel happy because I'm slim – I'm happy because I'm no longer controlled by my weight. The boost to my energy means that my business has gone from strength to strength, too. I've introduced thousands of couples who have fallen in love, but the biggest success story in my life is falling back in love with myself.

● *Follow Lara on Instagram @larabesbrode1 or visit thematchmaker.uk*

By Carina Platt and Asha Mehta. **Pictures** BBC North West Tonight

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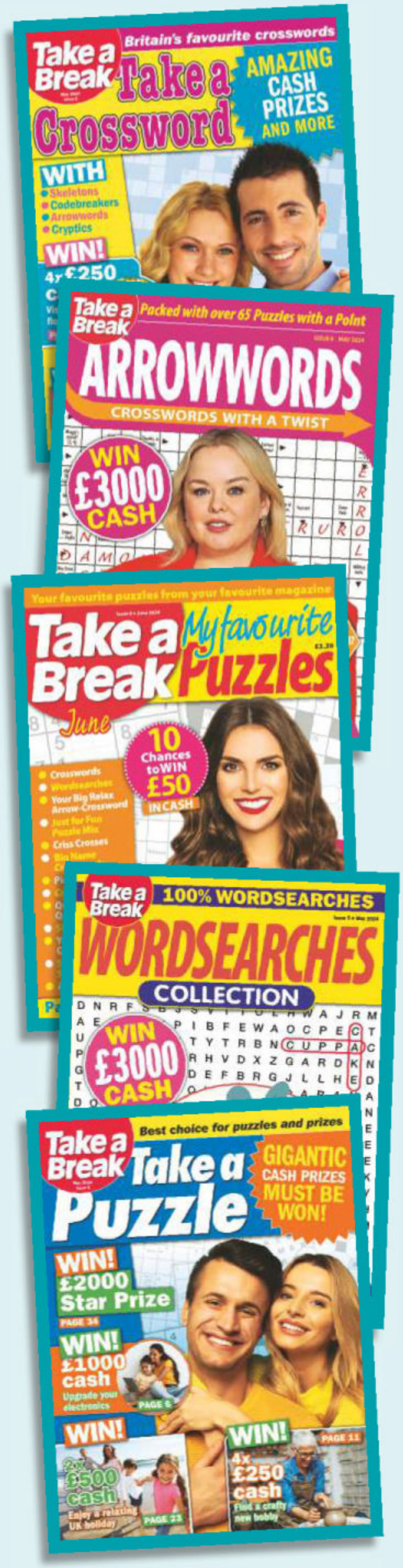
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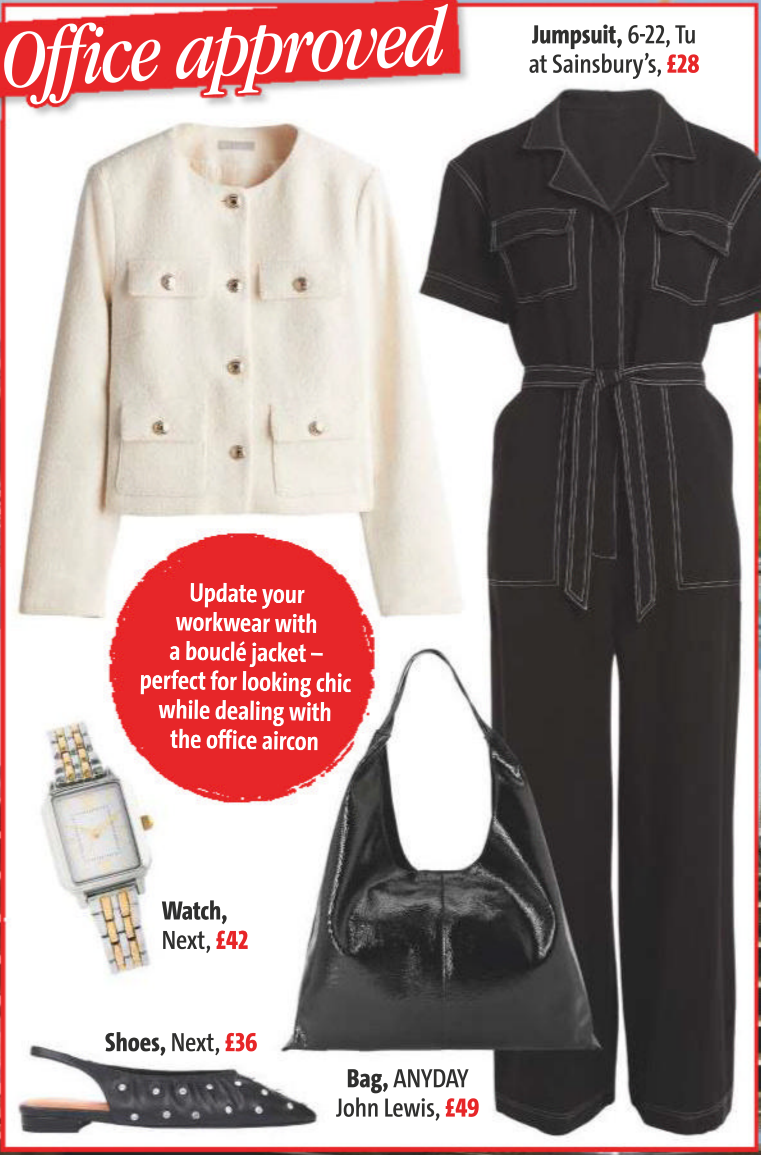


Jumpsuit, 6-22, Tu at Sainsbury's, £28

Update your workwear with a bouclé jacket – perfect for looking chic while dealing with the office aircon

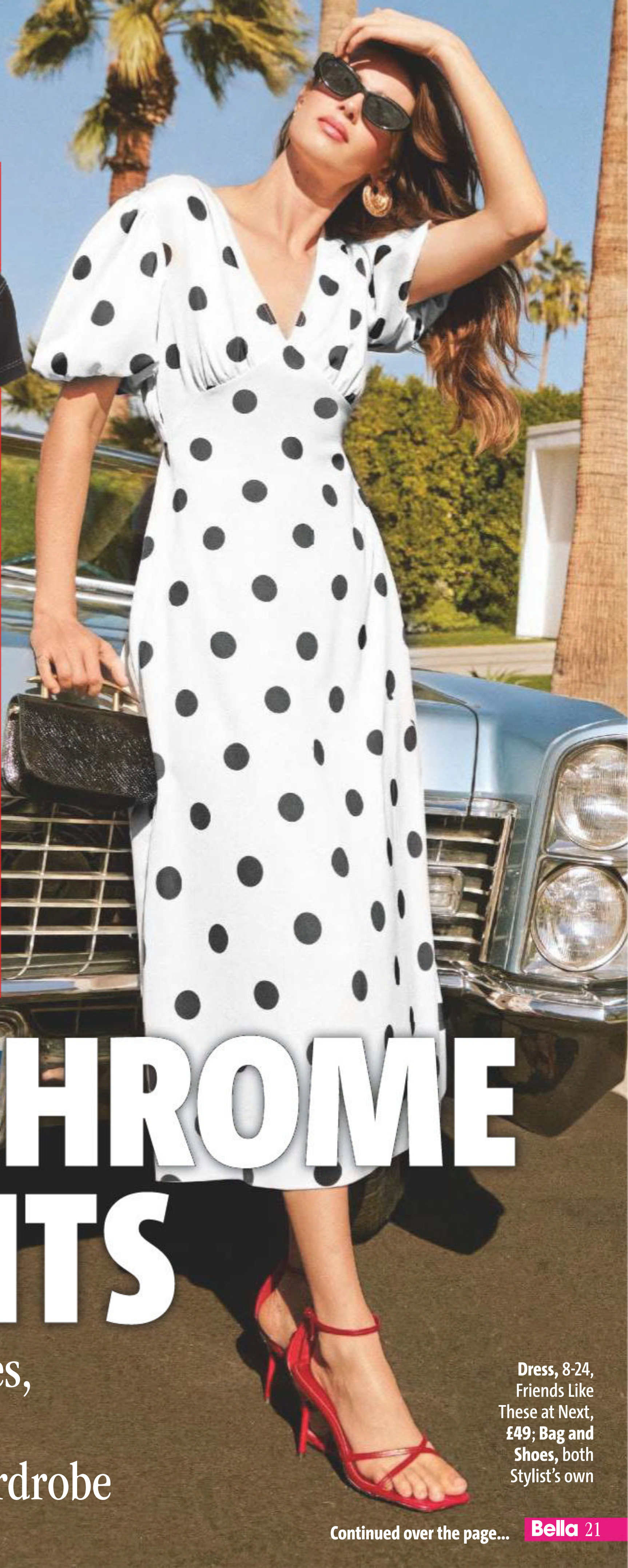
Watch, Next, £42

Shoes, Next, £36

Bag, ANYDAY John Lewis, £49

MONOCHROME MOMENTS

From bold prints to block hues, here's how to work this black and white trend into your wardrobe

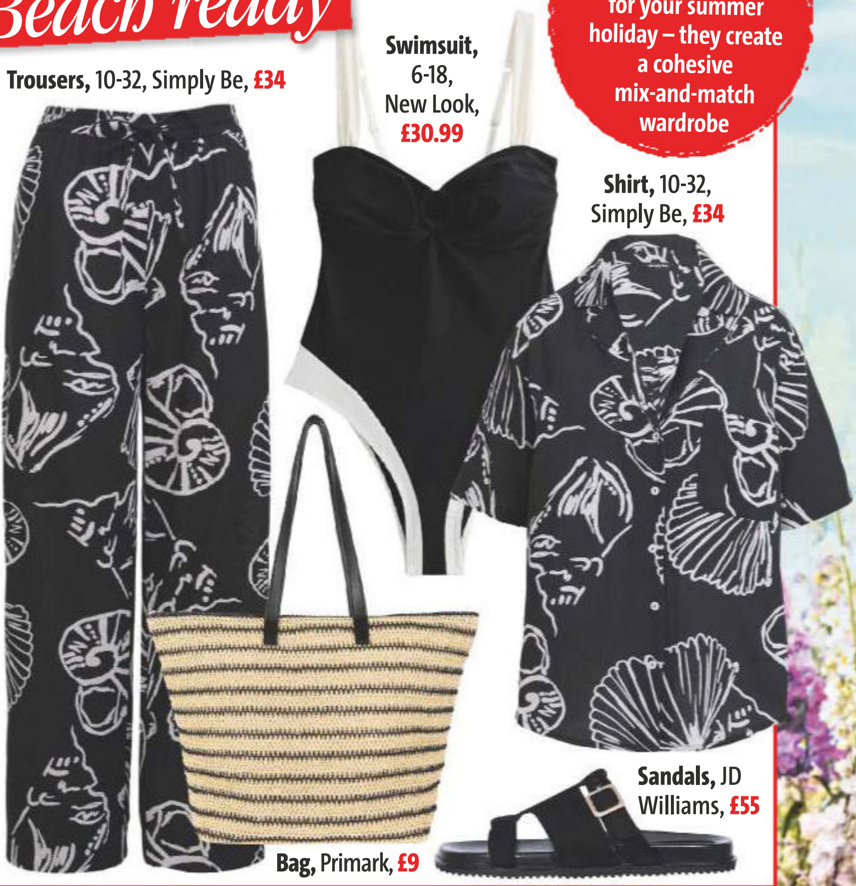


Dress, 8-24, Friends Like These at Next, £49; **Bag and Shoes,** both Stylist's own

Continued over the page...

Beach ready

Try monochrome shades when packing for your summer holiday – they create a cohesive mix-and-match wardrobe



Trousers, 10-32, Simply Be, **£34**

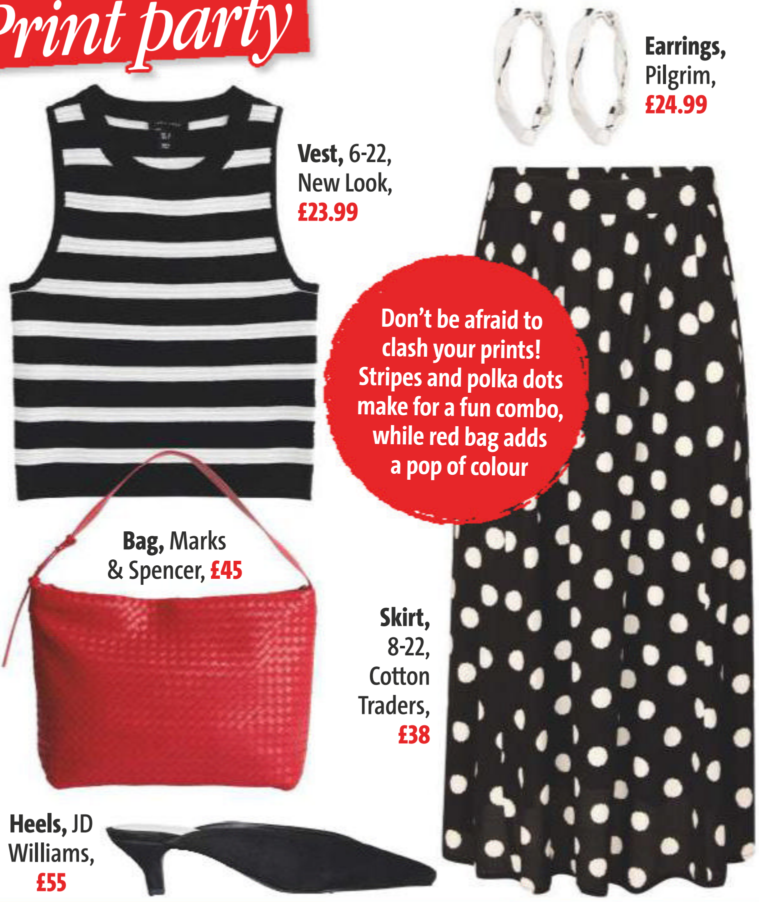
Swimsuit, 6-18, New Look, **£30.99**

Shirt, 10-32, Simply Be, **£34**

Sandals, JD Williams, **£55**

Bag, Primark, **£9**

Print party



Earrings, Pilgrim, **£24.99**

Vest, 6-22, New Look, **£23.99**

Don't be afraid to clash your prints! Stripes and polka dots make for a fun combo, while red bag adds a pop of colour

Bag, Marks & Spencer, **£45**

Skirt, 8-22, Cotton Traders, **£38**

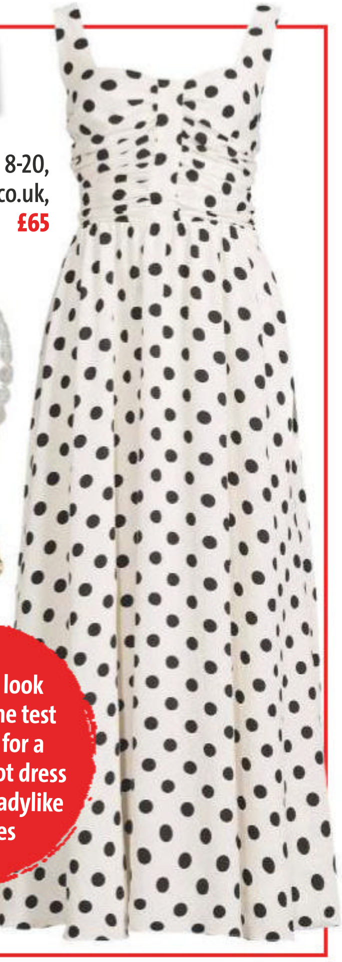
Heels, JD Williams, **£55**

Dress, 6-22, **£25.99**; **Shoes,** **£37.99**; **Bag,** **£19.99**, all New Look

Shirt, 6-18, **£45**; **Trousers,** 6-18, **£42**, both Lipsy

Dress to impress

Sunglasses, River Island, **£14**



Dress, 8-20, very.co.uk, **£65**

Necklace, Marks & Spencer, **£20**

Bag, River Island **£32**

Shoes, Off The Hook, **£41**

For a classic look that stands the test of time, opt for a pretty polka dot dress teamed with ladylike accessories

Get shirty

Ring, Bohomoon, **£25**

Shirt, XS-XXL, H&M, **£22.99**

A striped poplin shirt and long-line shorts will be your go-to outfit during the warmer months

Shorts, 6-24, Marks & Spencer, **£45**

Sandals, Tu at Sainsbury's, **£18**

Bag, Zara, **£45.99**

By Lauren Goodwin-Grafton

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Photography: David Venni / Chilli Media

Statement JEWELS

Amp up your accessories this season

Ring, Asos, £10

Earrings, M&S, £12.50

Necklace, Aela at Next, £28

Bangles, Accessorize, £20

Earrings, £20; Bracelet, £16; Blazer, 6-28, £49, all River Island

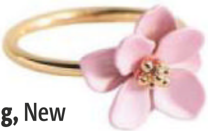
Earrings, Primark, £5

Bracelet, Primark, £6

Necklace, Mango, £29.99

Earrings, River Island, £16

Earrings, M&S, £16.50



Ring, New Look, £3.99

Earrings, Zara, £17.99

Earrings, M&S, £14

By Ella Shire

Beauty against

Treat tresses overnight

The secret to waking up with soft, bouncy hair is to prep the night before. Start by misting **Batiste Overnight Deep Cleanse Dry Shampoo,** £3.50, onto roots. Unlike regular dry shampoo, this one is designed to absorb oil and refresh overnight. Next, dampen the mid-to-ends of your strands with water before wrapping **Rehab Curling Rods,** £38, around sections of your hair. The heat-free tool works by moulding hair into a soft curl pattern while you sleep. Unravel in the morning for a soft, voluminous style. In the morning, add a light spritz of **Drybar Triple Sec 3-in-1 Finishing Spray,** £24. It will help to add volume, texture and light hold – perfect for reviving limp, slept-on strands or adding extra oomph to a second-day blow-dry.

TRIPLE SEC
drybar
Batiste
OVERNIGHT DEEP CLEANSE
DRY SHAMPOO

Multitasking make-up

Busy mornings call for a stripped-back, fuss-free make-up routine that will take seconds but give your face a lift. Multitasking products, such as **Trinny London Lip2Cheek,** £26, will be your best friend. The creamy formula blends nicely onto lips and cheeks, adding instant colour. For a quick eye-enhancing trick, swap your usual black mascara for **Glow For It's Brown Lash Growth Mascara.** £27.95. The soft brown shade creates a more natural-looking finish, while the growth-boosting formula helps to nourish and strengthen lashes over time. Brows frame the face but filling them in every day can be a chore. That's where **Eylure Dybrow,** £8, comes in. This at-home tint deepens your natural arches, making them look fuller and more defined in the long run – saving you tons of time every morning!

glow for it
brown lash growth mascara

NEW IMPROVED
EYLURE
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DYBROW
PERMANENT TINT FOR BROWS
DARK BROWN
LASTS UP TO 6 WEEKS
UNDER 15 MIN APPLICATION
UP TO 12 APPLICATIONS
DYE KIT
Activator 10 ml ℮ Cream Colour 5 ml ℮

Streamline your skincare

There's no need to waste time on a 10-step skincare routine in the mornings. Instead, grab yourself a few hard-working products that do more than one job, such as **L'Oréal Revitalift Filler SPF 50,** £14.99. The lightweight formula works as a day cream, anti-ageing treatment, and sun protection all in one. If dark circles are a concern, try **Ole Henriksen Banana Bright Vitamin CC Stick,** £26. It contains brightening vitamin C, along with colour-correcting pigments – so there's no need for concealer! If you want a smooth complexion without any make-up, try an enhanced moisturiser, such as **Charlotte Tilbury Unisex Healthy Glow,** £39. The hydrating formula features bronzing pigments, to help create a natural sun-kissed glow without feeling heavy on the skin.

UNISEX HEALTHY GLOW

REVITALIFT
FILLER [+Hyaluronic Acid]
SPF 50

OLEHENRIKSEN

the clock

Time-saving products for a streamlined morning routine

Love your body

It can be easy to neglect your bodycare, especially when rushing around in the morning. However, a few clever tweaks can make a huge difference. Our top tip? Swap your usual shower gel for an oil-based product, like **L'Occitane Almond Shower Oil,** £22, which can be used to clean and hydrate skin without the need for any post-shower lotion. No time to tan? Slather on a gradual tan before going to bed. *Bella* loves **Palmer's Cocoa Butter Natural Bronze Body Lotion,** £5.99, a buildable formula that moisturises and deepens your skin tone over time, resulting in a sun-kissed finish. Finally, sandal season is just around the corner so apply a small amount of a fast-absorbing foot treatment, such as **Margaret Dabbs Miracle Foot Cream,** £22, before you put your shoes on. This will help to smooth and repair skin as well as reducing cracked heels with no sticky residue or waiting around.

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Results may vary. Always read & follow instructions prior to use.

Wendy's Melissa Dream story;

My Sleep Solution!

Problems had been accumulating over time. Life for me had turned into a state of near-permanent panic as I obsessed about all the problems facing me.

I couldn't sleep, I lost my appetite and I often suffered from migraines, brought on by stress, poor eating and the lack of proper sleep. Burn out was looming. I knew that I desperately needed a good night's sleep.

After reading about Melissa Dream™, a natural herbal supplement, I decided to give them a try and ordered a supply online. After only two days of taking the tablets, I noticed that I felt calmer and more positive because I was sleeping properly. I was relaxed in a way that was totally different to how I had been for ages.

I've been taking Melissa Dream™ for a month now and because I'm getting a good night's sleep, I'm so revitalised and full of energy that I know I can deal with anything life may throw at me.

My husband, family and friends have all noticed the difference – I'm back to my normal self and it feels great!

- Wendy.

TROUBLE SLEEPING?

DISCOVER THE SECRET TO QUALITY SLEEP WITH NEW NORDIC MELISSA DREAM™

You'll spend almost one-third of your life sleeping, but while you're asleep, your brain remains amazingly active, creating memories and storing information. Some even think that our dreams can help us make sense of our lives but that's not the only thing that sleep can help you do. Your physical health, mood, cognitive abilities, and even your body weight depend on the quality of your rest. Here is the secret to getting the good night's rest you've always dreamed of.

ALWAYS FEEL REFRESHED

Many sleep and nutrition experts recommend checking that your vitamin and mineral intake meets your daily needs. Melissa Dream™ tablets from New Nordic™ are a Scandinavian herbal-based tablet with extracts and vitamins that will work to help maintain a restful sleep that lasts all night long. They can help you feel refreshed when you wake, without making you feel sluggish like prescription sleeping pills can sometimes do.

NATURALLY DRIFT OFF

The Melissa Dream™ tablet is based on a combination formula made from lemon balm, chamomile and green tea with L-theanine plus vitamin-B and magnesium. Just two tablets before bedtime will provide the correct nutrients for both nerve and brain functioning. These will accumulate in your body over time and make drifting off a lot easier (and quicker).

HOME DELIVERY

Order Melissa Dream™ today and get it delivered straight to your door.

Scan the QR code to visit newnordic.co.uk

Call Us
0800 389 1255
Happy to assist

amazon

Holland&Barrett

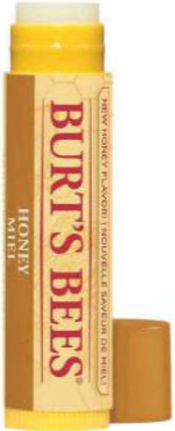
- INDEPENDENT -
Health Food Stores

Beehive Beauty

Harness the healing power of honey

Soak Away

Turn your tub into an indulgent escape with this rich and creamy bubble bath. It's packed full of nourishing ingredients, including red algae, borage seed oil and honey to leave limbs feeling heavenly soft.
Laura Mercier Ambre Vanille Honey Bath, £47



Revive Lips

Rescue chapped lips with this 100% natural balm that's powered by honey and vitamin E. In just one swipe, your pout feels instantly softened and revitalised. The classic tube design is still a firm favourite in our beauty bags.
Burt's Bees Honey Lip Balm Tube, £4.49

Lock In Moisture

Keep your skin looking plump and supple with a rich moisturiser that features a honey blend of propolis and royal jelly. The ingredients are great at hydrating dry skin, leaving your complexion with a healthy-looking glow.
Farmacy Beauty Honey Halo Ultra-Hydrating Ceramide Moisturizer, from £23

Repair Damage

Restore dry and damaged hair with an acacia honey hair serum that works to visibly reduce the appearance of split ends. Apply to damp hair to protect from heat styling and to reveal a silky-smooth finished look.
Garnier Ultimate Blends Hair Honey Serum, £9.99

Hydrate Hands

This beeswax-loaded hand cream deeply moisturises parched skin, for smooth, soft and protected hands. It also has an uplifting rose, geranium and sweet orange scent, for a mood-boosting treat every time you apply.
Neal's Yard Remedies Bee Lovely Hand Cream, £11

Scrub Up

While some body scrubs can be too harsh on sensitive skin, this gentle formula is super soothing. The blend of honey, sugar crystals and precious oils refines uneven texture, while ensuring skin feels nurtured and softened.
NUXE Rêve de Miel Body Scrub, £22

Deep Clean

Not only does this cleanser melt away make-up and impurities, it's also enriched with bee venom to help smooth fine lines and wrinkles. Plus, it contains salicylic acid to decongest pores and vitamin C to brighten skin.
Rodial Bee Venom Cleansing Balm, £45

Smooth Tresses

Meet the multi-tasking hair hero that uses Mirsalehi Honey and bee garden oils to help reduce frizz, boost moisture and enhance shine. Use as a styling product on damp or dry hair, or add a few drops to your favourite hair mask to give your locks extra TLC.
Gisou Honey Infused Hair Oil, £35

By Emma White

10 WEIGHT-LOSS WONDER FOODS

Eat from this list every day to help keep the pounds away

1 Dark chocolate

'70% dark chocolate is delicious, and a nutritional powerhouse in moderation. Unlike ultra-processed chocolate bars packed with emulsifiers and excessive sugar, which can drive over-consumption, dark chocolate can help satisfy sweet cravings – a little goes a long way,' says dietitian Nichola Ludlam-Raine, author of *How Not to Eat Ultra-Processed* (Ebury press, £16.99). It's also rich in magnesium, iron, zinc, antioxidants and contains small amounts of serotonin precursors, which can help promote feelings of wellbeing. She says it can be enjoyed in small amounts (around two squares) daily, as part of a healthy wholefood diet. Try grating onto porridge, coffee, or yogurt and fruit, or enjoy with a cup of green tea for a mindful moment.

2 Eggs

'Eating eggs can help with improved feelings of fullness after meals to aid weight management. Fewer than 70 calories each, rich in high-quality protein, they're a natural food for weight loss,' says nutritionist Dr Carrie Ruxton. She debunks the myth they should be limited due to cholesterol concerns. 'Eating eggs every day, around seven to 14 eggs a week, in the context of a varied and balanced diet, would be beneficial for most people. Studies report that an egg or two a day does not significantly affect total cholesterol.' They're ideal for creating inexpensive meals, like a frittata with leftover veg, veg noodle bowls topped with boiled eggs, or burritos.

Egg and veg burrito

Comedian Ellie Taylor has teamed up with British Lion Eggs and shares her egg and veg burrito recipe.

Serves 4, with 513 calories, 49g carbs, 25g fat of which 6.3g sat fat, 6.6g fibre, per serving.

Heat 1tbsp olive oil in a frying pan. Add 1 sliced red onion and 1 deseeded and sliced red pepper. Stir fry for 4min until soft. Stir in 1 sliced garlic clove, 1tsp smoked paprika, 1tsp ground cumin, ½tsp chilli flakes, and cook for 1min. Transfer to a bowl. Wipe out the pan. Beat 6 medium eggs with 2tbsp milk and a pinch of seasoning. Heat 4 soft tortillas and a pack of Mexican-style rice, according to pack instructions. Mash 1 avocado with the zest and juice of 1 lime, and add 3tbsp chopped coriander. Return the frying pan to the hob, add 1tbsp olive oil and, when hot, add the eggs and scramble. Stir in the veg. Spoon a little hot rice over the warm tortillas then top with the eggs, a dollop of avocado and a squeeze of lime. Fold up and cut in half to serve. Add soured cream and pickled jalapeños if you like.

● *For more info visit egginfo.co.uk*

3 Greens

Greens are low in calories and a source of fibre and fluids, so will help fill you up, and are perfect as weight-loss boosting foods to enjoy daily. Spinach, in particular, is great to add to scrambled eggs, salads, pasta, sauces and curries. 'It also contains important micronutrients such as zinc and manganese and is a great source of polyphenols, which are anti-inflammatory and can help protect our DNA from damage,' says Jo Travers, dietitian for Discover Great Veg (discovergreatveg.co.uk).

4 Pulses

Pulses, like chickpeas, lentils and beans are high in protein and fibre and low in fat. They're slow to digest so can keep you fuller for longer for fewer calories. Perfect to get into your daily meals. 'Chickpeas can be used in a wide variety of dishes – curries, tagines and stews, blended to make dips or falafels, added to salads or roasted with spices to make a crunchy snack,' suggests Bridget Benelam from the British Nutrition Foundation (nutrition.org.uk).

Layered chicken, spinach and chickpea jars

This recipe from Discover Great Veg combines spinach and chickpeas, along with chicken and other veg, for a nutritional, protein-packed meal.

Serves 2, 299 calories, 32.9g protein, 18.3g carbs, 8.4g fat of which 1.4g sat fat, and 9.3g fibre, per serving.

Place 250g spinach in a large bowl, cover with clingfilm and microwave on high for 2min. Allow to cool. Mix together 1tbsp low-fat mayonnaise, 3tbsp low-fat natural yogurt, 1tsp rose harissa and 1tbsp white wine vinegar in a bowl, and stir in 150g shredded roast chicken. Place the spinach in the base of 2 Kilner jars and top with 200g tinned chickpeas. Spoon on the chicken mix, half a diced red pepper and 75g diced cucumber. Seal the jars and place in the fridge until mealtime.

5 Greek yogurt

'The best sources of protein for women are foods that are also beneficial in other ways. Greek yogurt is great to help keep you fuller for longer and contribute to muscle building, which is beneficial when you're on a weight-loss/fitness journey. It's also packed with probiotics which aid gut health, is high in calcium for bone health, and contains essential vitamins such as A and B,' says Penny Weston, nutrition and wellness expert (welcometomade.com). Try adding to morning smoothies, protein pancakes, breakfast oats or as a snack with fruit and nuts.

6 Berries

Berries are ideal for weight loss as they are low calorie and add bulk to a meal to help fill you up. We particularly like pomegranates (yes, they are a berry!) for a burst of sunshine Med flavour. 'Berries, like vibrant pomegranates, are packed with antioxidants, fibre and essential vitamins that support weight loss and overall health. Their natural sweetness helps curb sugar cravings while their high fibre content keeps you feeling full for longer. Pomegranates, rich in polyphenols, can aid fat metabolism and reduce inflammation,' says Sarah Stannard, certified health coach (sarahstannard.com). Add them into smoothies, or sprinkle onto porridge, yogurt or salads. Keep in the freezer so they stay fresh.

Pomegranate and cucumber salad

This salad from Poppin' Poms (poppinpoms.com) is crisp and refreshing.

Serves one, 360 calories, 4.9g protein, 16.3g carbs, 29.9g fat of which 4.2g sat fat, 6g fibre.

Slice 1 cucumber into approximately 0.5cm thick slices. Place in a large container with a lid and add in 100g pomegranates, 1 small handful chopped mint, 1 small handful chopped parsley, ½tsp dried mint, half a lemon, 2tbsp olive oil, 1tbsp white wine vinegar and ½tsp sumac. Shake to mix the dressing. Season and serve with a little extra sumac. Enjoy with a flatbread and some toasted seeds if you want.

7 Nuts

'Nuts are a good source of protein and healthy fats. They can support satiety and help balance blood sugar spikes. They contain omega-3 fats, which can help suppress inflammation, which can also be beneficial for weight loss and general health,' says nutritional therapist Deborah Grayson (digestionwithconfidence.co.uk). She recommends around 30g nuts per day (this could potentially be higher if you're vegan or vegetarian to help achieve daily protein requirements). Add nuts or nut butter to porridge, smoothies or salads, or enjoy as a healthy snack.

Continued over the page...

8 Seeds

Another wonder food that's great for your waistline and health. We particularly like flaxseeds as they're so versatile. 'Milled flaxseeds are the perfect addition to your diet to help you feel fuller for longer, support metabolism and balance blood sugar levels. Packed with fibre, protein and healthy fats to support weight management, they are brilliant for heart health too,' says Jane McClenaghan, nutritionist for Linwoods (linwoodshealthfoods.com). Easy ways to get flaxseeds into your diet – 20g a day is recommended – include adding a spoonful to oats, porridge or smoothies; stirred into soups; as a salad topper; or sprinkled onto curries, Bolognese or chilli.

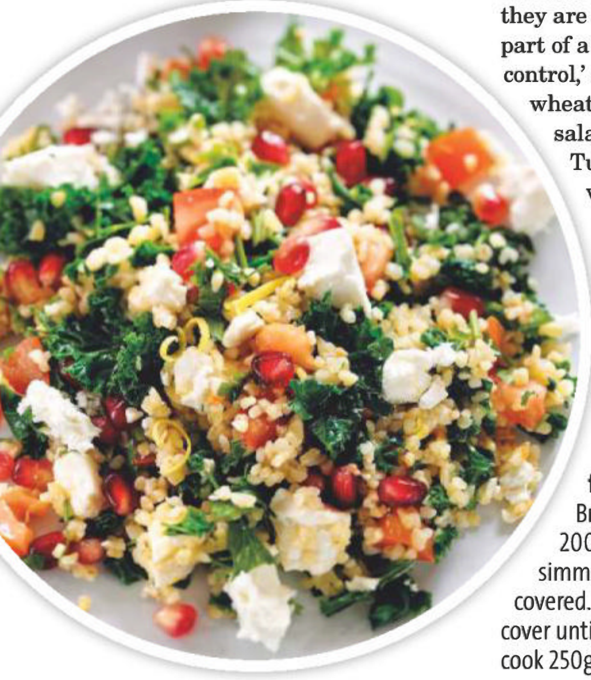
By Julia Smurthwaite, **Pictures** Getty, Shutterstock, Joe Woodhouse

High-protein berry breakfast crumble

This breakfast recipe from Linwoods includes flaxseeds, nuts, berries and Greek yogurt – a mighty superfood way to start the day.

Serves 2, 467 calories, 22.5g protein, 59.6g carbs, 15g fat of which 1.1g sat fat, 5.7g fibre, per serving.

Preheat your oven to 180°C/gas 4. In a large bowl, mix 300g frozen berries, 1tbsp cornstarch and 1tbsp raspberry jam. Set aside. In a separate bowl, combine 30g vanilla vegan protein powder (or you can use buckwheat flour, but this will reduce the protein amount), 60g jumbo oats and 2tbsp milled flaxseeds. Add 30g almond butter, 60ml oat milk and 1tbsp maple syrup to the oat mixture, stirring well until fully combined. Divide the berry mixture between two oven-safe bowls. Evenly distribute the crumble on top. Bake for 15min until the crumble is golden. Cool for 5min, serve with a dollop of plain Greek yogurt.



9 Wholegrains

For a healthier, slimming diet aim to swap out refined carbs for higher fibre wholegrains. Give different varieties a go, like bulgur wheat. 'Wholegrains, such as bulgur wheat, contain fibres that form a gel in the gut, which can slow the rate of digestion and increase feelings of fullness. So, they are a good food to include as part of a healthy diet for weight control,' says Benelam. Bulgur wheat makes a great base for salads, like Tabbouleh, or try Turkish pilaf with bulgar wheat grains cooked with chickpeas and peppers.

Green veg and feta Tabbouleh

This recipe, from Discover Great Veg, serves 4, 370 calories, 16.6g protein, 44g carbs, 12.4g fat of which 7.2g sat fat, 8.2g fibre, per serving.

Bring 200g bulgur wheat and 200ml chicken stock to a simmer and cook for 3min, covered. Remove from the heat and cover until cooled slightly. Meanwhile, cook 250g kale in boiling water for 5min, drain and roughly chop. Mix the kale into the bulgur wheat along with 4 diced tomatoes, 25g chopped parsley, 200g crumbled feta, 75g pomegranate seeds and the zest and juice of 1 lemon. Season to taste. Serve warm or chilled.

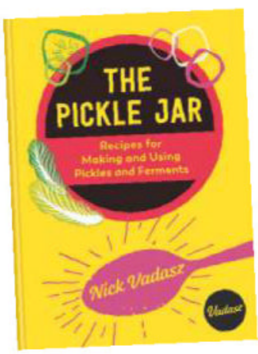
10 Fermented foods

Fermented foods are still having a moment, especially as they can aid gut health and weight management. Kimchi, the most popular fermented food in Korea, is a tasty one to try. 'The fermentation process kimchi undergoes means it is full of probiotic bacteria, live micro-organisms that offer plenty of health benefits including weight loss. Unwanted weight gain is often associated with inflammation, insulin resistance and fluctuating blood sugar levels. Probiotics have been shown to reduce inflammation and balance blood sugar levels, which in turn regulates appetite and prevents overeating,' says Dr Sarah Schenker, consultant dietitian for Vadasz (vadaszdeli.co.uk). Enjoy daily by adding a couple of spoonfuls to eggs, soups, salads, sandwiches, grilled meats or fish, or stir-fried rice. Only 22 calories per 100g.

Make your own kimchi

This kimchi recipe, from the new book *The Pickle Jar: Recipes for Making and Using Pickles and Ferments* by Nick Vadasz (Hamlyn, £20), makes 2kg of kimchi.

Wash the following veg thoroughly, drain and add to a very large mixing bowl – 2 heads (around 600-800g each) Chinese leaves, cored, quartered lengthways and cut into big pieces; 600g mixed carrots and any root veg you can eat raw like celeriac/radishes, scrubbed if needed and cut into 2-4cm pieces; and 10-12 chopped spring onions. Put 1 peeled garlic bulb, 100g chopped fresh root ginger and 75g gochugaru (Korean red pepper powder), into a blender with just enough water to form a paste. Add the paste and 2tbsp fine natural sea salt to the veg, mix well and gently rub with clean hands. The juices drawn out by the salt will create an environment in which healthy lactic acid bacteria will grow. Pack the kimchi into a 4l plastic food container. Fill a second 4l container with water, put the lid on, then place on top of the container with the fermenting veg so it is compacted beneath. The water quantity may need to be adjusted as the brine level in the veg increases (and you may need to remove some brine from the lower container. Make sure the veg is always covered in the brine.) Cover the stacked containers with a muslin cloth. Ferment at room temperature for 3-10 days (3-5 days in the coolest part of your kitchen in summer, and around 10 days somewhere slightly warmer in winter). When it's to your taste, store in the fridge in a lidded container for up to three months.



NB. If you are pregnant, breastfeeding, under 18 or have a medical condition please seek professional advice before changing your diet.

eat smart

Breakfast on the go!

Start your day the right way with these scrumptious snacks under 300 calories…

H&B
Muesli
"with Benefits"
SPICED APPLE & SEEDS MIX
400g e

H&B Joints, Bones & Muscles Muesli, 163 calories per serving, Holland & Barrett, **£4.50**

92 Kcals
5x
Soreen
MALT

Soreen Malt Lunchbox Loaves, 92 calories per loaf, Tesco, **£1.80**

eat well
M&S -FOOD-
High protein choices
11g Protein
EGG & SPINACH

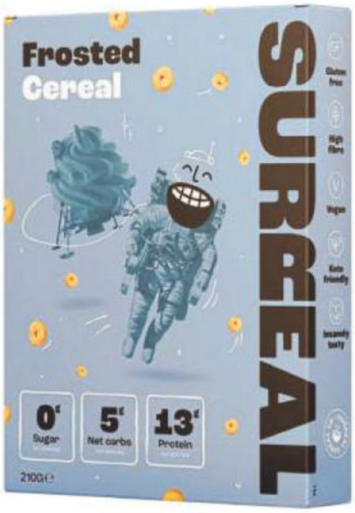
Egg & Spinach pot, 125 calories, Marks & Spencer, **£1.90**

BOL
power shake
Salted caramel

BOL Salted Caramel Power Shake, 251 calories per shake, Ocado, **£2.75**

CHOCOLATE
FUEL
Porridge

Fuel Chocolate Porridge, 263 calories per pot, Sainsbury's, **£1.35**


Frosted Cereal
SURREAL
0g Sugar
5g Net carbs
13g Protein

Surreal Frosted High Protein Cereal, 149 calories per serving, Sainsbury's, **£4.95**

x3
deliciously ella
Apple & Raisin Oat Bars

Deliciously Ella Apple & Raisin Oat Bars, 213 calories per bar, Ocado, **£2.12**

Naturally Sweet & Creamy Porridge
THE GREAT BRITISH PORRIDGE Co
APPLE & CINNAMON

The Great British Porridge Co Apple & Cinnamon, 181 calories per serving, thegreatbritishporridgeco.co.uk, **£3.99**

TRIBE
Protein Flapjacks
Caramel
x3

TRIBE Protein Flapjacks Caramel, 150 calories per bar, Ocado, **£3.30**

NATURE VALLEY
Protein
Peanut & Chocolate
GLUTEN FREE
10G OF PROTEIN
X4

Nature Valley Protein Peanut & Chocolate Bars, 196 calories per bar, Tesco, **£2.75**

unearthed
SPANISH SPINACH TORTILLA
ACTION AGAINST HUNGER

Unearthed Spanish Spinach Omelette, 138 calories per serving, Sainsbury's, **£3.25**

PROTEIN THIN BAGELS
Warburtons
4 SEEDED
8g PROTEIN

Warburtons Protein Thin Bagels, 154 calories per bagel, Sainsbury's, **£1.75**

M&S -FOOD- Chia Pudding

M&S Chia Pudding, 162 calories per pot, Marks and Spencer, **£2.75**

By Helena Holdsworth

Epic salads

Vibrant, nutritious dishes just bursting with flavour and crunch!

Tip

Perfect as a light meal for two, or as a side with an array of other dishes

Super simple broad bean salad

Serves 2 *Takes* 20min, plus chilling

- 450g fresh broad beans or 250g podded fresh or frozen broad beans
- 1 courgette, finely sliced on a mandoline
- 1 French shallot, finely sliced on a mandoline
- 30g fresh flat-leaf parsley leaves, finely chopped
- Dried chilli flakes
- 100g Ficelle croutons

FOR THE DRESSING

- Olive oil, to taste
- Juice and zest of 1 lemon

FOR THE WHIPPED FETA

- 400g feta
- 125g full-fat Greek yogurt
- ½tsp lemon zest
- ½tsp crushed garlic
- ½tsp salt
- 1-2tbsp olive oil

1 *To make the whipped feta, place all ingredients except the olive oil in a high-powered blender or food processor and blitz until they come together. (You may have to pause a few times, scrape the sides down and give it a bit of a jiggle to get it going.) Scrape down the sides once more, then turn the blender back on and pour the olive oil in, adding it in a constant stream until you have a creamy, silky-smooth dip. Place in an airtight container in the fridge for 30min, or until ready to use.*

2 *Bring a saucepan of water to a boil and prepare an ice bath. Blanch the broad beans in the boiling water for 3min, then drain and immerse them immediately in the ice bath. Set yourself up with two bowls – one for the beans and one for their pods. Give each bean a squeeze and a small, tender and vibrant green bean should slip out of the skin. Once you have podded your beans, toss them in a bowl with the courgette, shallot and parsley. Add a drizzle of olive oil, lemon juice and zest, then sprinkle over salt, pepper and chilli flakes to taste.*

3 *Smear two-thirds of the whipped feta onto the bottom of a serving dish. Top with the broad beans, then smear each crouton with half a teaspoon of whipped feta and nestle among the beans and courgette.*

Panko tofu salad for one

Serves 1 Takes 30-35min, plus marinating

- 3 romaine lettuce leaves, sliced
- 6-8 baby roma tomatoes, halved
- 2½cm chunk of cucumber, halved and sliced
- ½ avocado, sliced
- ⅛ red onion, sliced
- 1tbsp hemp seeds

FOR THE DRESSING

- 1tbsp mayo
- 1tsp Dijon mustard
- Juice of ½ lemon

FOR THE PANKO TOFU

- 100g-150g firm tofu, drained and pressed
- 1tsp soy sauce
- 1tsp Japanese mayo
- 2tbsp panko crumbs
- Oil, for cooking

1 *To make the dressing, combine all the dressing ingredients in a small bowl and stir until well combined. Set aside.*

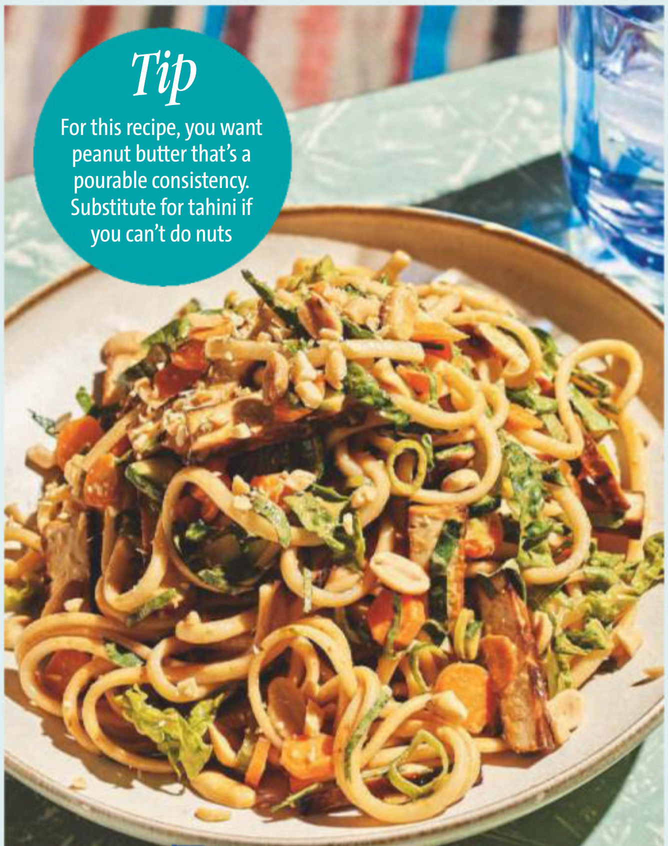
2 *For the panko tofu start with a big slab of tofu. You will cut it once it's cooked. Lay flat on paper towels and squeeze out as much water as possible.*

3 *Combine the soy sauce and mayo in a flat-bottomed dish. Pat the tofu dry and add to the dish, coating it in the marinade, then leave it to sit for at least 30min.*

4 *Pour the panko crumbs onto a dinner plate and gently place the tofu in the panko, lightly pressing it into the crumbs and then flipping and coating the other side. Press the crumbs into the sides of the tofu too.*

5 *Warm 1tbsp of cooking oil in a large frying pan over a medium-high heat. Add the tofu and cook for 2-3min, until lightly golden on the underside. Flip and cook for another 2-3min, until golden and crispy all over. Transfer to a lined plate and slice on the diagonal when ready to use.*

6 *Arrange the lettuce leaves in a bowl and drizzle with half of the dressing. Follow with the remaining ingredients and top with the tofu and the remaining dressing. Serve immediately.*



Tip

For this recipe, you want peanut butter that's a pourable consistency. Substitute for tahini if you can't do nuts

Spicy peanut udon salad

Serves 2-4 Takes 40-45min, plus marinating

- 200g rice or udon noodles
- 1 head of romaine lettuce, very thinly sliced
- 1 carrot, peeled and julienned
- 1 small cucumber, seeds removed and julienned
- 3 spring onions, thinly sliced
- Large handful roasted peanuts
- Large handful coriander leaves, finely chopped
- Juice of 1 lime, to serve

FOR THE TOFU

- 2tbsp soy sauce
- 1tbsp rice vinegar
- 1tbsp sesame oil
- 1tsp freshly grated garlic
- 1tsp freshly grated ginger
- 400g block tofu, drained and pressed, cut into 1cm thick slabs

FOR THE SPICY PEANUT DRESSING

- 2tbsp peanut butter (see Tip)
- 2tbsp sriracha or sambal oelek
- 2tbsp soy sauce
- 1tbsp rice vinegar
- 1tbsp toasted sesame oil
- 1tbsp maple syrup
- 1 garlic clove, crushed
- 1tsp grated fresh ginger

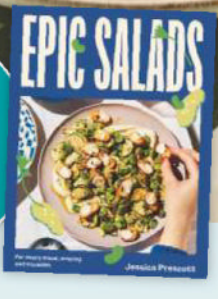
1 *For the tofu, combine all the marinade ingredients in a small dish that will fit your tofu once cut. Whisk to combine, then add the tofu slabs, turning and moving around until both sides are completely covered in marinade. Set aside for at least 30min, or overnight if possible.*

2 *Combine all the spicy peanut dressing ingredients in a glass jar and shake to combine. Refrigerate until needed (this dressing can be refrigerated for up to 1 week).*

3 *Bring a large pot of water to a boil. Once the water has boiled, cook the noodles according to the directions on the packet, then drain and rinse under lots of cold running water until cool. Drain well, then transfer to a large mixing bowl. Add half the dressing and toss to combine.*

4 *Place a large frying pan over a medium-high heat. Once the frying pan is hot, add a tbsp of neutral cooking oil to the bottom of the hot frying pan. Add the tofu-marinade and all-and cook for 3-5min, until the tofu starts to brown on the underside. Gently flip and cook the other side for another 3-5min, or until golden brown. Once cooked, transfer to a paper towel and allow to cool for 5min, then slice into 1cm wide strips.*

5 *Combine the noodles with the lettuce, carrot, cucumber, spring onions, most of the peanuts and most of the coriander. Stir to combine, then place half on a serving dish and top with half of the tofu. Repeat with the remaining noodles and tofu, then drizzle with the remaining dressing. Top with the remaining peanuts and coriander, and squeeze with lime right before serving.*



These recipes are taken from ***Epic Salads* by Jessica Prescott** (Quadrille, £25)

By Angela Romeo **Recipes** Jessica Prescott **Photography** Rochelle Eagle

HEART-friendly habits

Regular exercise and keeping the pounds off are important for cardiac wellbeing, but there are some subtle lifestyle tweaks which will help too

With the British Heart Foundation (BHF) reporting that cardiovascular disease is at its highest rate in England for more than a decade, we're all looking for ways to lower our risk. As well as eating healthily and exercising, there are some other, lesser-known ways that can help us keep in good condition. 'Persistent exposure to stress or keeping our bodies in a pro-inflammatory state, which triggers high levels of cortisol, can all contribute to cardiovascular ill health,' explains Dr Gareth Patterson, a London-based NHS GP. 'Finding ways to reduce stress will help lower our risk of poor cardiac health. There are also a few lifestyle tweaks guided by the latest research, that you may not know about.'

Social interactions reduce our risk of heart disease

Be neighbourly

Having a partner is often linked with good health, but singletons who are well-connected with friends and neighbours can reap similar benefits. A Cambridge University study has shown that interactions with friends and family boost our immune system and reduce our risk of heart disease, stroke and type 2 diabetes. 'Romantic relationships are sometimes idealised above all other connections,' says Dr Patterson. 'But any relationship helps regulate our emotional responses. We get support at times of need, even in subtle ways. It can be a hand on the shoulder, a look, a smile, a hug.'

Indeed, a University of South Carolina study discovered that those who enjoy frequent hugs have lower blood pressure and higher levels of cardio-protective oxytocin. Furry friends help too. Dog owners have lower blood pressure than non-owners – petting them has a calming effect and they help you get exercise too.

Stretch, knit, laugh

Slumping in front of the TV for four-plus hours a day leaves us 80% more likely to die from heart disease. Ideally, we should be exercising, but if you can't move as much as you'd like, the University of Milan has shown simply stretching may reduce the risk of heart attack and stroke by improving blood flow and decreasing arterial stiffness.

'For those who are chairbound or lacking mobility, even lifting cans of soup or beans can help,' says Dr Patterson. Sedentary pastimes such as knitting and crocheting can also lower heart rate and blood pressure, as well as harmful levels of the stress hormone cortisol.

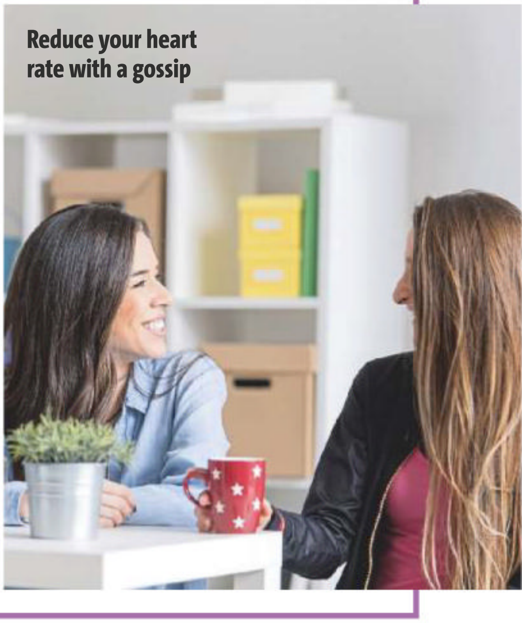
Playing a musical instrument is linked to an increase in the blood flow in the middle cerebral artery, reducing the risk of strokes. 'There's a mindfulness practice to music and knitting which is great for health and wellbeing,' says Dr Patterson. 'Using the hands in a creative way is also helpful to maintain dexterity. These activities can be shared with others, so keep you connected to your community.'

And when you do watch TV? Choose a comedy show – a good laugh causes blood vessels to dilate by 22%, increasing blood flow and reducing blood pressure.

Certain activities lower blood pressure

These lesser-known lifestyle factors can help your heart

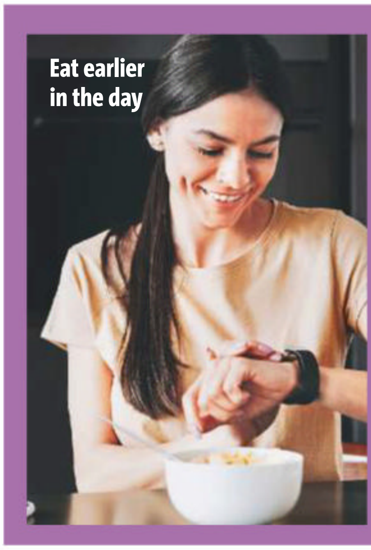
Have a gossip



Reduce your heart rate with a gossip

A good gossip has unexpected benefits when it comes to your heart health. One 2012 study found that when participants were gossiping about an anti-social person or behaviour their heart rates reduced and the activity 'calmed the body'. The research suggests that observing dishonesty can trigger a stress response, while talking about it can ease it. 'It's an important reminder that engaging with people in conversation is so key,' says Dr Patterson. 'When we share information we build a sense of connection.'

Eat early

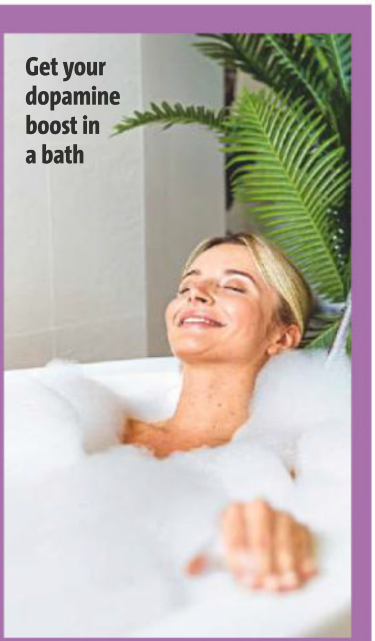


Eat earlier in the day

Timing your meals for earlier in the day can help keep your heart healthy. European research shows earlier breakfast and dinner times are beneficial for metabolism and may reduce the overall risk of cardiovascular diseases. This effect was stronger in women than men.

'Evidence supports having periods of time where we're not constantly consuming, to allow bodies the time to rest,' explains Dr Patterson. 'Fasting for long periods of time may not be suitable for many people. Eating earlier is a simpler way to do it.'

Take a bath



Get your dopamine boost in a bath

Saunas have been the focus of research for heart health – and studies link frequent sauna use (four to seven times a week) to lower blood pressure and a decreased risk of cardiovascular disease, including sudden cardiac death and stroke. Improved blood flow also boosts vessel function and cholesterol levels and lessens inflammation.

'I'm a fan of both ice baths and saunas,' says Dr Patterson. 'Hot and cold therapies trigger a dopamine release, which enhances a sense of wellbeing. However, if you have underlying cardiovascular or blood pressure issues, do call the GP to review your medical record to check they're right for you.'

Can't get to a sauna? A hot bath can also be beneficial. A Japanese study has found those who soaked almost every day had a 28% lower risk of heart problems overall and a 26% lower risk of stroke than those who took baths less than twice a week, even when taking into account factors like exercise, smoking and diet.

Seek silence

Chronic, excessive noise has been directly linked to cardiovascular disease, anxiety and depression, and hearing loss. Studies show that for every 10 decibels of added roadway traffic noise, the risk of heart attack increases by 12%. So, consider double glazing for some peace and quiet.

And turn off your TV or radio just to enjoy the silence. A 2006 study found that a two-minute period of silence after listening to music significantly reduced subjects' heart rate and blood pressure. Even compared to slow, relaxing music, silence resulted in greater decreases in these important measures of heart health.

'Constant noise is a microstress,' says Dr Patterson. 'When we escape the city, to go to the coast or the countryside, most of us notice a sudden and positive shift in our energy, so these findings make sense.'

Feel the shift a quiet environment brings

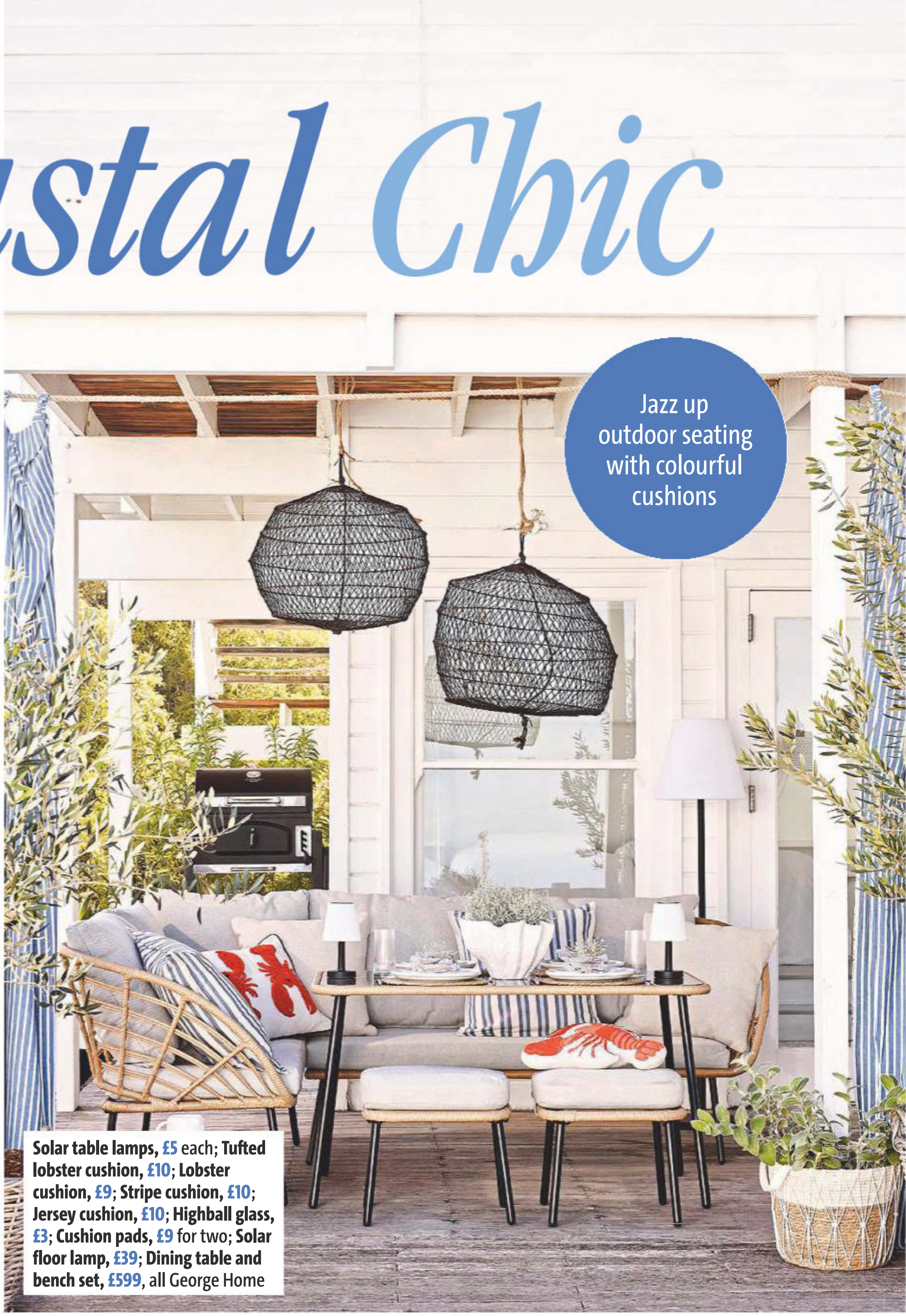
By Lucy Hunter, **Pictures** Shutterstock

Coastal Chic

Transform your outside space into a beachside retreat

Cushion, Anthropologie, £38

Mirror, perchandparrow.com, £70



Jazz up outdoor seating with colourful cushions

Solar table lamps, £5 each; **Tufted lobster cushion,** £10; **Lobster cushion,** £9; **Stripe cushion,** £10; **Jersey cushion,** £10; **Highball glass,** £3; **Cushion pads,** £9 for two; **Solar floor lamp,** £39; **Dining table and bench set,** £599, all George Home

Placemats, H&M, £24.99 for two

Solar clip-on lightbulbs, Habitat, £18

Rug, Dunelm, £75

Give your alfresco dining a nautical spin

Dish,
H&M,
£14.99

Napkin rings,
John Lewis, **£8**
for two

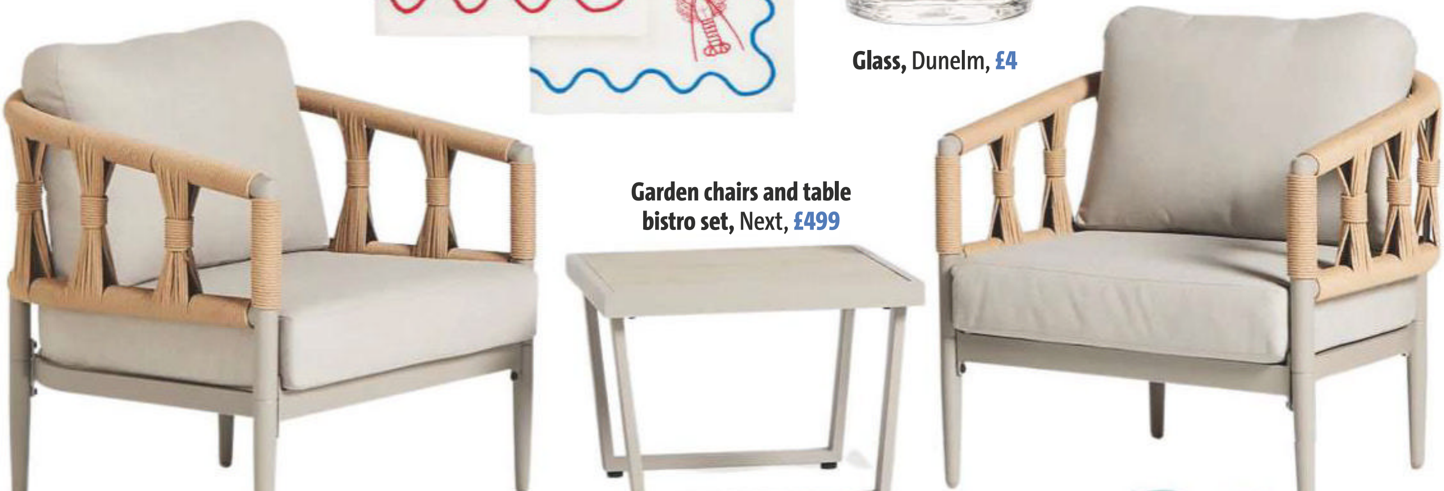
Tablecloth,
H&M,
£17.99

Cordless lamp,
Next, **£25**

Napkins,
M&S, **£14**
for four

Glass, Dunelm, **£4**

Candle holder,
Oliver Bonas,
£9.50

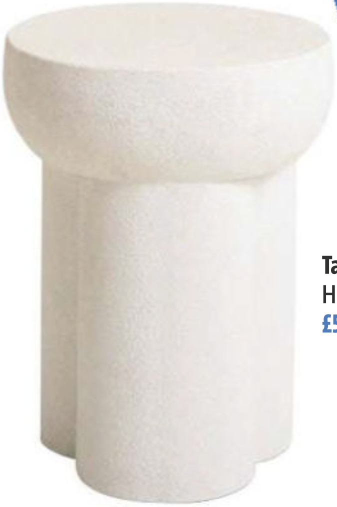


Garden chairs and table bistro set, Next, **£499**

Lantern,
Dunelm,
£16

Jug,
Oliver
Bonas,
£36

Plate, £16; Serving bowl, £38, both
Anthropologie



Table,
Habitat,
£50

Plant pot, IKEA, **£35**

By Emma White

THE DARKEST CRIMES AND EVIL MINDS

CRIME MONTHLY

TRURO MURDERS: SERIAL KILLER SLAYS 7 WOMEN

ZIZIAN CULT HORROR: LEADER FINALLY ARRESTED AFTER 6 HOMICIDES

ABUSE SCANDAL: YOUTUBE MUM WHO BECAME A MONSTER

CRIME MONTHLY

ISSUE 75
MAY 2025

THE DARKEST CRIMES AND EVIL MINDS

SICK & TWISTED

HUSBAND FROM HELL
EVIL DOCTOR PUSHES WIFE OFF A CLIFF

DARK OBSESSION
STALKED TO DEATH?
WHITNEY'S HIGH-SCHOOL FRIEND'S INFATUATION TURNED TO TERROR

HOW A WHITE CAT SOLVED A MURDER

SERIAL PODCAST 11 YEARS ON
WHERE IS 'KILLER' ADNAN SYED NOW?

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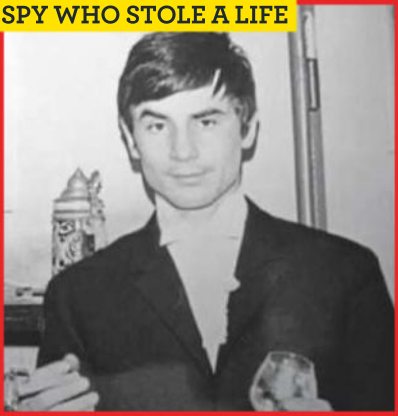
INVESTIGATING DEATH ROW

SPY WHO STOLE A LIFE



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Email: **bella.letters@bauermedia.co.uk**
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twitter.com/bellamagazineUK
instagram.com/bellamagazineUK

£50
Star letter

Well done Jessica

I read with interest about the work Jessica Rigby is doing for Cash for Kids (issue 16), a charity that supports children and young people affected by poverty, abuse and neglect. I had no hesitation in going to their website and donating to help, it's the very least I could do.

Amelia Barnes, Llanelyw

Wedding joy

I loved reading your article about Denise Welch's butterflies over her son Matty's wedding (issue 16). After Denise speaking so openly about her mental health struggles, I hope the wedding will be a boost of happiness for her. I wish her, Matty and Gabbriette all the very best for the future.

Mandy Melvin, Rossendale

Talking point

A man faced backlash from his wife after refusing to reduce one daughter's pay to give to another, because she had a better paid job than her sister. So, we ask, should siblings always be treated the same?

I can't imagine treating my children any differently on anything. It would cause so many problems if I did.
Lorraine Cross, via Facebook

I agree with the writer Catherine on this – siblings are different people with different needs, that should be kept in mind by parents too.
Catherine Headley, via Facebook

That's a really complicated one, and totally depends on the situation and their personalities. My parents treated me and my sister very differently and it did breed some resentment – but I understand it now!
Dani Robertson, via Facebook

My twin and I would raise hell if we were treated differently by our parents!
Adele Harris, via Facebook

By Stephen Leng, **Pictures** Getty, Cash for Kids

THIS WEEK Bella LOVES... Ginsters beanz & cheese slice

If you want a bit of a treat, Ginsters and Heinz have joined forces to create a delicious new option – the beanz & cheese slice. A perfect lunch option (or maybe add a salad and transform it into a dinner) this flaky, gooey pastry will satisfy all your savoury cravings. They're available in a number of big supermarkets, but they're limited edition so grab them while you can!

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‘I was adopted... at the age of 37!’

Stephanie Ellison, 40, overcame an unimaginably difficult childhood to find her forever family

Stephanie as a little girl

By Helen Garston Pictures Amber Cottner

Growing up, I had no idea my childhood was any different to other children my age. I lived with my sister, two brothers and our mum and dad, sometimes in a caravan or a hotel, and once even a car. Then in 1989, my dad disappeared from our lives and social services became involved. They told Mum she wasn’t able to care for four children alone, so my older brother and sister were adopted by different families. Mum still struggled looking after me and my brother so we were in and out of foster and care homes.

Our chaotic lifestyle continued into my teens when I got my first job in a petrol station. I knew most children my age didn’t work, but I liked it because it was an escape from the turbulence at home. Then one night, after a particularly bad row with Mum, I walked out and called a friend from a phone box who let me stay for a few months.

At school, I worked hard to keep up with my classmates while I held down a job in the evenings. One thing I knew for certain was that I didn’t want to go back to foster care, so asked a friend to help me get legal advice to ‘divorce’ my parents. After many meetings, when the day came to go to court I nervously turned up, not sure if I was doing the right thing. Mum had been summoned but when I walked in, she wasn’t there. Deep down, I’d longed for her to show up and tell everyone how she was going to change and be a good mum. ‘The fact she’s not here is in your favour, sweetheart,’ my lawyer said. Though it didn’t feel like a favour. ‘Are you capable of living by yourself?’ the judge asked me.

Stephanie now

It was November 2000, a few months after my 16th birthday, and I said I was sure I could do it. ‘If you so much as miss a class at school, you’ll be back in care’, she said.

I was determined to make it work, but it was hard from the outset. I worked solidly so that I was able to rent a small mobile home. Feeling scared and lonely, I didn’t know what the future held. Luckily, I had supportive teachers and if I was late completing homework, they gave me extra time. Once, I realised my purse had been stolen from my bag. It had hundreds of pounds of rent money which I’d taken to school because I’d planned to pay the landlord later that day. I was so panicked that I ran out of the classroom and collapsed on the floor, crying. My teacher came out, got down on the floor and hugged me. ‘Don’t worry about anything, go back into class,’ she said gently. I did as she said and was speechless when, at the end of the day, she handed me an envelope with £450 stuffed inside. ‘All the children and teachers have given their lunch money to you. We love and care about you and you’re not alone,’ she said. I was moved beyond words.

> ‘She told me she loved me’

After a year of living alone, I met a girl called Andi at one of my jobs. The same age as me, she knew my background and invited me to her church youth group. The first time I walked inside I was embraced by warmth and friendliness. ‘Hi, I’m Gina,’ Andi’s mum said to me. I knew immediately that she was a good person and her marriage to Bill, Andi’s dad, was a happy one. When they invited me back to their house for dinner, it took me

Alongside her adopted family

a while to accept because I couldn't believe they wanted me. *I don't want to be a burden*, was all I could think.

As the weeks and months passed by, I visited the family more and more. I became closer to Andi and also her sister, Alyssa. Their lives couldn't have been more different from what I'd known. Gina cleaned the house every week, whereas I'd grown up in constant filth. She cooked a family meal each evening from scratch and Bill was always around, asking about everyone's day.

Eventually, Gina asked me whether I would like to move in with them. I was so taken aback. 'What if I make a mistake and mess up?' I asked, but she told me she loved me. I was so grateful and moved in soon after.

Gina helped me apply to university where I studied counselling. Then, in July 2007, I met Danny through a charity for the homeless. He was handsome, funny and kind and we hit it off immediately. My new family had given me enough confidence to accept I was worthy of Danny's love, and six months later we got married. I was so happy to be a stepmum to his daughters, Abby and Emma. When our daughter Molly was born in 2012 and I held her in my arms for the first time, I felt a love more powerful than anything I'd ever known.

'Can I call you Mum and Dad?'

When Molly was a few months old, I went for dinner at Gina and Bill's who I hadn't seen in a while. As we all sat down to a turkey roast, I turned to her and Bill. 'Can I call you Mum and Dad?' I asked. 'Yes!' they both said. 'We love you so much.' It was a defining moment for me and all my family. From then on, I felt our bond was even stronger, so much so that Mum was even at the birth of my youngest daughter Willow, three years later.

Then, in April 2021, we were visiting when Mum and Dad handed me adoption papers. 'We want to make it official.' they said. It was a complete surprise. I was astounded and tears filled my eyes. 'Are you sure?' I said. They explained that they wanted me to feel secure and part of the family.

So, in September 2022, we all went to court where Mum and Dad legally adopted me. All my family and friends were overjoyed for me because they knew a proper family was all I'd ever wanted. I was 37, a mum of five daughters: Abby, now 20, Emma, 19, Kelsea, 18, Molly, 12 and nine-year-old Willow. It was a beautiful day. I'd never felt so happy.

Now, I work in counselling alongside families who are struggling and my aim, where possible, is to keep them together. I endured such a hard childhood, but I know how lucky I was to have had my mum and dad, Gina and Bill, and Alyssa and Andi come into my life. They showed me unconditional love and I can never thank them enough for the kindness and light that they showed me. Without them, I know my world would be very different.

With husband Danny and daughters

Dear Kate...

Counsellor Kate Medlin answers your personal, sexual and emotional problems

We're supposed to be together!

Q I was with my boyfriend for four years. We were both approaching our mid-30s when he broke up with me and I've no idea why. I had previously been in an abusive relationship and he was the complete opposite. He was kind, thoughtful and was always keen to see me. We've been to lots of weddings over the past couple of years, and I was hoping that it would be our turn soon because my biological clock is ticking away. I started hinting (so he knew he'd get a 'yes' if he proposed!) but he didn't join in the conversation, and would even change the subject. Then, he ended the relationship, using the old 'it's me not you' line. I mean, what am I supposed to do with that? We had the best relationship, and even our friends saw us as the perfect couple. He told me I was his soul mate, and I felt the same. How do I convince him that this is as good as it gets?

A You certainly paint an idyllic picture of your relationship and I can understand why you're left confused about why he has walked away. But obviously, you only know how things have been from your side. While you've been left believing that his decision to break up came out of the blue, because it did to you, I imagine that for him, there was far more of a build-up. A longer period of time when he started to feel like things weren't feeling right. Unfortunately, he didn't share any of his dissatisfactions with you. Or maybe he dropped some hints that you didn't hear, or didn't pick up on? We can only grow in a relationship when we give each other feedback about what feels right, and what doesn't. And reacting to that feedback is how we adapt and grow together. If we don't give feedback, we

How do I cut him out but keep her?

Q My mum is the kindest, most loving mum and I feel lucky to have her. But she has one flaw – she's still married to my dad. He is a big-headed, racist, controlling man who made my life a misery when I was growing up. My husband is such a good dad, and it's really shown me how terrible mine was. I'd like to cut him off, but I'm worried that he'd get angry and take it out on my mum. She's not allowed to come and see us without him. What can I do to have more of my mum in my life, but less of him?

A This is a difficult family dynamic to manage. So much of your emotional headspace is taken up with your negative feelings towards your dad that there's little space for anything else. I'm wondering how you feel about the fact that your mum stayed with him. It's far harder to leave an abusive relationship than most people realise. This isn't about blame, but about the impact her lack of action has had on you. In terms of dealing with a controlling person, it can be so easy to behave as the family always has – by tiptoeing around him. But this will just keep things as they've always been. Try to find ways to see her without him, or if she won't, letting her know your boundaries – you wanting to see her without him might make her think about her own.

This is just so unfair!

Q My son's mother-in-law has separated from her husband and has moved in with my son and his wife. It's completely beyond me why someone would leave after being married for 35 years. My son has two children, my only grandchildren, who, up until now, I have visited once every few weeks. His mother-in-law has four other grandkids. But now that she's living there, I can't visit as there isn't a spare room for me to stay in. How do I explain to my son that this situation is unfair on me?

A It's interesting that you are focusing your frustrations on why their marriage broke up. Do you know enough about them to judge one way or another? I wonder if you feel a bit jealous that the other grandma is getting to live with your son. Envy is one of the hardest emotions to own up to because it isn't particularly flattering. So what we often do is criticise the person we envy because it makes us feel like it's their fault, not ours. Admit how you're feeling to your son and see if you can find a solution. Perhaps on the weekends you visit, she could

Letters and replies may be edited for length/clarity. **Pictures** Getty, Shutterstock

Write to **Dear Kate**,
Bella, The Lantern,
75 Hampstead Road,
London, NW1 2PL, or email
bella.advice@bauermedia.co.uk.

Kate will attempt to respond
to as many letters as possible
through her page

aren't giving our friends or partners the chance to know us on a deeper level. Sometimes, when a friend or partner's behaviour is all about giving the other person what they need, they can quietly build up resentment that they're not getting back what they're putting in. While it feels like a blessing to be with a people pleaser, it's also a curse – they find it hard to ask for what they want, or even to show disappointment that they're not getting it. Breaking up in this way is so painful, because you are looking for answers as to why it happened. His decision has changed your life, and you've had no say in the matter. You thought you were heading down the aisle pretty soon, possibly starting a family, but he's put your life on a different path. Part of the healing process is about accepting how little control you had in all of this, and letting go of the idea that you can do anything to change it.

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stay with one of her other children, or the kids could share a room and let you have theirs? I'm sure there are plenty of options. Try not to paint yourself in a bad light by resenting this woman at this difficult time in her life.

BELLA ADVICE LINES

Do you suffer from anxiety?
0906 652 5070

Getting over depression?
0906 652 5076

Bereavement
0906 652 5077

Impotence
0906 652 5078

Relationship breakdown
0906 652 5079

Calls cost 65p per minute plus your network access charge. Calls last approximately four minutes. You must be over 18 to call and have the bill payer's permission. UK SP: Spoke 0333 202 3390

Horoscopes

By Jane Struthers **For the week 6–12 May**

GEMINI
22 May – 21 June

Focus on enjoying and improving your home comforts at the start of the week. From midweek you sense the need to create an invisible wall of privacy, so you may not seem very forthcoming. This might lead to accusations of being cagey on the 12th.

Theme of the week: Boosting your health

☎ 0906 650 7232

CANCER
22 June – 23 July

You're drawn towards friends and people who truly understand you. Tempers flare on the 11th when there's a clash between money and love, especially if the problem has been building for some time. From the 12th you realise that a change is overdue.

Theme of the week: Thinking ahead

☎ 0906 650 7233

LEO
24 July – 23 August

Ambitions, goals, targets – they all feature heavily on your radar from the 10th. Think about what you want to achieve, not only immediately but in the months ahead. If your job falls short of your expectations, consider training for something else.

Theme of the week: Knowledge

☎ 0906 650 7234

VIRGO
24 August – 23 September

You love the idea of a modest financial splurge midweek, but make sure that it's your decision and not influenced by a loved one. Adventures of the mind beckon enticingly from the 10th, so start being open to fresh and exciting ways of thinking.

Theme of the week: Ideas and beliefs

☎ 0906 650 7235

LIBRA
24 September – 23 October

Make the most of your diplomatic skills in the first half of the week. After that, you're more interested in what lies beneath the surface of what others are saying, so you can get a handle on their motives and thought processes. Try to avoid overthinking it all on the 12th.

Theme of the week: Budgeting

☎ 0906 650 7236

SCORPIO
24 October – 22 November

You're being very considerate of other people, although from the 12th you realise that this policy may work sometimes but you're also starting to feel overlooked. It's time to redress the balance, but preferably without veering too far in the opposite direction.

Theme of the week: The final straw

☎ 0906 650 7237

SAGITTARIUS
23 November – 21 December

Give plenty of thought to your health this week. Are you being kind to your body? Perhaps a day-to-day habit needs to be overhauled, or maybe you're at the beck and call of someone who doesn't value your services. Either way, you begin to see the light on the 11th.

Theme of the week: Face up to a worry

☎ 0906 650 7238

Sally Phillips – 55 on 10 May

TAURUS
21 April – 21 May

Early in the week is all about enjoyment. You're keen to share your point of view from the 10th. A relationship calls for careful thought, or even a brief hiatus, from the 12th, but don't turn this into a crisis.

Theme of the week: Force of argument

☎ 0906 650 7231

CAPRICORN
22 December – 20 January

Being with some of your favourite people is exactly what you need, and it might lead to an exciting prospect. Take things steadily on the 11th when what was a hidden resentment makes itself known. Deal with it objectively rather than reacting emotionally.

Theme of the week: Proportions

☎ 0906 650 7239

AQUARIUS
21 January – 19 February

Thinking of spending money on your home? The start of the week is great for taking a loved one into your confidence. That's essential if they'll be affected by the plans you're considering. Watch out on the 11th when someone is making emotional demands.

Theme of the week: The lure of the past

☎ 0906 650 7240

PISCES
20 February – 20 March

Watch out for a short spell of wishful thinking early in the week in case you convince yourself that something is a good bet when in reality it's anything but. Steer clear of being drawn into gossip and rumour-mongering on the 12th.

Theme of the week: Versatility

☎ 0906 650 7241

ARIES
21 March – 20 April

Being clear about what you say is essential midweek, as there might be a gap between your words and other people's interpretation of them. Shared finances are a source of frustration on the 11th, especially if you feel you're being railroaded into doing something.

Theme of the week: Speak up

☎ 0906 650 7230

For a more detailed weekly forecast call the number for your star sign. Calls cost 65p per minute plus your network access charge. Weekly forecasts last approximately four minutes. Messages are pre-recorded. For entertainment and guidance purposes only. Users must be over 18. Service provider: Spoke. Customer service number 0333 202 3390 (9am-5pm).

EARLY SUMMER SPOTS

Beat the crowds, save money and enjoy a sunny break before the holidays start

Visit the Aphrodite rock

Paphos, Cyprus

Located on the south-western coast, Paphos is known for its rich history and stunning landscapes. A UNESCO World Heritage site, it features ancient ruins – the Tombs of the Kings, the Sanctuary of Aphrodite in Kouklia, and Paphos Castle. With temperatures around 25ºC, May is a great time to visit without that peak summer sun beating down on you. You can also take a day trip into the Troodos Mountains, and don't miss local delicacies such as halloumi, stifado and souvlaki.

- **Book five nights from £270 per person based on six sharing the Paradise Cove villa in Latchi. Departing on 20 May 2025 including flights from London Gatwick with Easyjet. Book at solmarvillas.com**

A stunning cove in Palma

Palma, Mallorca

May is the perfect time to enjoy Mallorca's cosmopolitan capital. With temperatures around 23°C, it's ideal for relaxing and soaking up the culture. Wander through charming neighbourhoods and enjoy a tapas crawl in Sa Gerreria or Michelin-starred dining at restaurant Marc Fosh. Beach lovers should head to Palma's beautiful coastline, spending sun-soaked days on Playa de Palma's golden sands, or taking a dip at Cala Mayor. Feeling active? We suggest taking to the coastal trails, such as the scenic route from Playa de Palma to Cala Mosques.

- **Easyjet holidays has seven nights at Palladium Hotel Palma Hotel from £572 per person from 17-23 May flying from London Southend airport. Book at easyjet.com**

The old town of Chania

Crete, Greece

This island gets plenty of sunshine and May is when Crete's villages come alive with spring festivities. Visit for traditional music, dancing and wildflowers blanketing the hillsides. Set on a beautiful, sandy beach on the west side of Crete, just 8km from Chania, Giannoulis Santa Marina Beach is perfectly located for exploring the island, especially during the early summer months. With a range of entertainment and a kids' club, Santa Marina is ideal for families. Swim in the pool, relax on the sands of Aghia Marina, and enjoy a meal at one of the four restaurants.

- **Book the Santa Marina Beach Resort, on a half board basis departing from Birmingham on 20 May 2025 for seven nights from around £762 per person based on two adults sharing. Book with jet2.com**

Maspalomas, Gran Canaria

The Canary Islands are a great choice for seeking sunshine all year round, with temperatures averaging 24°C in May. In Gran Canaria there is so much to see and do, from sprawling sand dunes to historical treasures, bustling promenades and stunning late-afternoon sunsets. Start your day with a dip in the sea at Maspalomas Beach and in the afternoon take a hike to watch the sunset. If you are keen to do more walking, there are many routes suitable for all levels.

- **Just south of Maspalomas is Seaside Palm Beach Hotel and Tui has a seven-night package departing on 16 May 2025 including return flights from London Luton on a half board basis for £1074.05 per person. Book at tui.co.uk**

Enjoy the beaches all year round

The pool at Park Belek

Belek, Turkey

Often known as the Turkish Riviera, the Mediterranean coastline is overflowing with culture, great cuisine and rich history. Late spring is when you'll find Turkey at its best, with comfortable temperatures. Belek is a popular resort with trendy restaurants. We love the family-friendly Rixos Park Belek with free access to the Land of Legends theme park.

- **This hotel costs around £927 per person for two adults, with return flights from Manchester Airport on an all-inclusive basis. Based on a departure date of the 18 May 2025 for five nights. Book at firstchoice.co.uk**

By Carly Honeyfield **Pictures** Shutterstock

TV WEEK

Alison Hammond's Big Weekend

Friday 16 May, BBC1

The much-loved TV personality presents a new series where she gets under the skin of some our best-known stars to find out what really makes them tick. Alison kicks off the series by heading to South Shields to meet former Little Mix star Perrie Edwards in her hometown. Perrie opens up about her childhood, becoming a mother and what it was like to be in one of the most famous girl bands in British pop history. 'With each celeb I get to have a proper natter in a way you don't usually see – that's the real magic!' smiles Alison. 'Basically, buckle up because this is all about me getting celebs to have the juiciest, funniest and sometimes most emotional chats. It's a full-blown experience!'

EUROVISION SONG CONTEST SEMI-FINAL

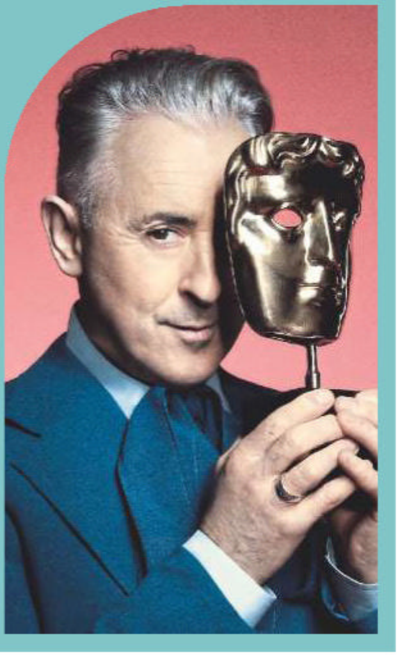
Tuesday 13 May and Thursday 15 May, BBC1

The road to next Saturday's *Eurovision Grand Final* begins with the high-stakes semi-finals, as 37 countries take to the stage in Basel, Switzerland. Across two nights of performances, only 20 acts will secure their places in the finale, alongside the automatic qualifiers, making these semi-finals a crucial moment in the competition. The pressure is on as artists aim for Eurovision glory at the final on Saturday 17 May. Expect a mix of emotional ballads, pop anthems, and over-the-top staging, with this year's line-up of commentators including Eurovision superfan Rylan Clark. 'Eurovision is my favourite time of year!' exclaims Rylan. 'I can't wait to be reunited with Scott Mills and to cheer for our girls Remember Monday!'

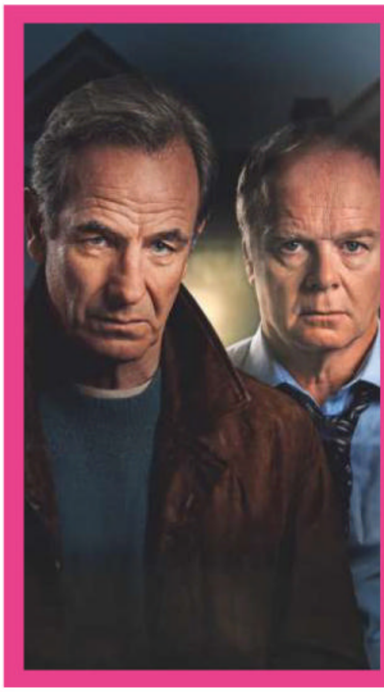
The BAFTA TV Awards

Sunday 11 May, BBC1

Time for the great and the good of the TV world to get their glad rags on and step onto the red carpet at London's Royal Festival Hall for this year's glittering BAFTA Television Awards. Presented by Emmy-award-winning actor and *The Traitors* US host Alan Cumming, the event celebrates the very best the box had to offer in 2024. 'Initially, I was really excited about hosting and then I felt nervous because it's going to be live with an audience of people who are all my peers,' smiles Alan. 'But now I'm going to think of it as throwing a party!' This year, the most nominations go to *Baby Reindeer* with eight. *Mr Bates Vs The Post Office*, *Slow Horses* and *Rivals* follow closely with six apiece, while *Life and Death in Gaza* and *Say Nothing* both have four.



By Cecile Metcalf, **Pictures** BBC1



The Game

Monday 12 May – Thursday 15 May, 5
Another gem from 5, this gripping drama broadcasts across four nights. Jason Watkins is Huw, a retired police officer hung up on not having captured a serial killer known as the Ripton Stalker. For years the Stalker would prey on his victims, mercilessly toying with them, psychologically and physically, by hiding in their homes before eventually killing them. And the mind games would continue as he taunted Huw with his sign-off, 'Catch you later.' When Huw's laid-back neighbour, Frank, is found dead in his bath, apparently from an overdose, a new person quickly moves in; charming, sociable Patrick Harbottle (Robson Green – a world away from *Grantchester*), could he be the killer?

BIBAA & NICOLE: MURDER IN THE PARK

Sunday 11 May, Sky Documentaries
In June 2020, when the country was between COVID lockdowns, Bibaa Henry held her 46th birthday party in a park in north London. But she never returned home, because later that night she was stabbed to death, along with her sister Nicole Smallman, 27, in a ferocious attack by Danyal Hussein. In this three-part documentary, the story is unravelled through interviews with their mother Mina Smallman, and other family to show the impact their deaths have had. The shocking report of police failings in the case is also covered, from their initial delay to act, through to the behaviour of police officers who took photographs of the sisters' bodies that they shared online.

INSIDE OUR MINDS

Monday 12 May, BBC2
Two years ago, Chris Packham's series *Inside Our Autistic Minds*, where he helped a group of neurodivergent people create short films to reveal to their family and friends how they were truly feeling inside, felt like event television – and this follow-up promises to do the same. One in seven of us have brains that work differently and Chris, 64, who has Asperger's syndrome, is on a mission to reveal the truth about living with neurodiversity. In the first episode we meet Jo, 51, and Henry, 23, who both have Attention Deficit/Hyperactivity Disorder (ADHD). 'We've found a format that allowed us to explain the lived experiences of those people in a way they sometimes were unable to communicate themselves,' Chris explains.

NEW THIS WEEK

FILM Ocean With David Attenborough

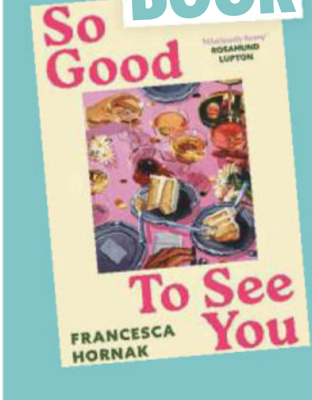
Embark on a breathtaking journey with this feature-length special about the world's oceans. Hosted by the one and only David Attenborough, who turns 99 on the film's cinema release, the documentary shows the beauty of coral reefs, kelp forests and the open waters, exploring how a healthy ocean keeps the planet flourishing. After all, there's nowhere more full of wonder or vital for our survival than the deep blue sea.

Steve Backshall's Deadly Live!

EVENT

The award-winning wildlife presenter is heading out on his first-ever UK arena tour, based on his popular CBBC show, *Deadly*. The action-packed experience will include daring stunts and mind-blowing experiments, keeping you on the edge of your seat. With dates from 24 October to 2 November 2025, it's the perfect half-term treat for families. Tickets on sale now at deadlylivetour.com

BOOK



So Good to See You

by Francesca Hornak (Piatkus)
In 2004, Serge, Rosie and Daniel were inseparable and full of hope as they finished university. Fifteen years later, they reunite at a lavish wedding in Provence, no longer friends. Serge hides mounting debt, Rosie masks heartbreak, and Daniel's fame fuels his anxiety. For four days, they play their roles, avoiding the past. But as Champagne flows, façades crack, and buried truths surface in this witty, poignant tale of friendship and ambition.

Three Mothers

BOOK

by Hannah Beckerman (IP)
When 17-year-old Isla Richardson dies in a hit-and-run, her mother, Abby, is devastated. But as Abby uncovers Isla's secrets, she questions everything she knew... Meanwhile her best friend, Nicole, faces life-changing consequences, while another mum, Jenna, fights to keep her son's past hidden. As tragedy binds these mothers, it also threatens to unravel their families in this gripping tale of motherhood, secrets, and societal pressures. You'll be hooked from the opening line.

Alex Michaelides
THREE MOTHERS
HANNAH BECKERMAN
They all have secrets.
But the truth may destroy them.

Emma:'I h

HEALTH A

Emma and Matt Willis aim to help the nation open up

Emma shocked fans by revealing she'd undergone keyhole surgery

As part of the BBC's Wellbeing Week, celebrity couple Emma and Matt Willis host a four-part series that lifts the lid on what really goes on behind the closed doors of a therapy session. In each episode, they meet contributors who are suffering with a range of problems including low self-esteem, anxiety and trauma from childhood bullying, and follow their journey through a block of sessions with some of the UK's top therapists to show the power of opening up to change your life for the better. We caught up with Emma and Matt to find out all about how therapy has helped them both individually and as a couple…

Emma, you underwent keyhole heart surgery in April this year after being diagnosed with a hole in the heart. How are you feeling now?

Emma: I'm good. Thank you. It's been four weeks today since I had the operation. What's been the weirdest thing is thinking about all the things that are happening in our bodies that we don't know anything about. Thankfully, I found out I had a condition I'd had all my life and was able to get it fixed, which is great. But because it was keyhole surgery, there's no physical feeling or pain, so I don't actually feel like I've had heart surgery, it is more a feeling of psychological strangeness. That's because every time it flutters or feels different, I'm panicked about what's going on, so it's a weird one. In general, I'm really good with my body. I listen to it. I probably have a lot of health anxiety, because I love anxiety! And so I'm always checking, and I think because of that, I found this. I've had it my whole life and didn't know, so I'm just glad I discovered it eventually.

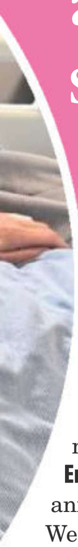
Do you both think that everyone has a degree of anxiety they live with all the time?

Matt: Absolutely, and I think that head and body health are completely intertwined. I think we forget that. As a society, we put them in two different boxes, but it's all connected. What's going on up here in the brain is going on everywhere else as well. Anxiety can be a normal or a natural

ave a lot of
NXIETY'

Star opens up about her recent heart operation, as she presents a new series with her husband Matt Willis

Emma shared snaps on Instagram from her recent heart operation



reaction to a thing, a human response, but it's when it becomes overwhelming or not the right response for the right moment, that's when it changes into a defect and needs to be addressed.

Emma: I didn't know I had anxiety until we went to therapy. We were chatting to our lovely therapist in the first session. I was like, 'I'm a bit of a control freak,' and she just looked me dead in the eye, straight as you like, and went, 'You mean you have anxiety? You mean you're anxious? That's because there's something in you that needs everything to kind of be right and it looks like it's control, that feeling of needing to be across everything, but actually it's an inner anxiety that you just can't let go.' For some reason that changed my whole perspective and feelings about myself.

As well as having therapy individually, you've also had it as a couple – would you recommend it to everyone? Is it better than date night?

Emma: There's no comparison between the two!

Matt: I mean, don't get me wrong, we go on date nights all the time because we feel like it's a really important part of our marriage. But nothing's been more important than going to therapy together. It's up there with having kids and being married. It's allowed us to really see each other. I don't want to jinx anything, but we never row, and that's amazing for a couple that have been together for 20 years! That's incredible and that's because of therapy. Now we've learnt what we need to see each other.

Emma: It's funny, isn't it, because you learn how to communicate, you learn how to talk to each other, you learn how to listen, and all those things seem really normal, when you're in a relationship. But sometimes you don't, and you're not aware of that until you sit with an impartial person, and they dissect it for you. Until you've tried it you might not know you need it, but there are things happening for you personally, or as a couple, that mean you just can't see each other's point of view. Yes, you can talk to your mates, but your mates are probably going to take your side and that's not helpful. So, yes, therapy has been phenomenal for us. I would take therapy over a posh dinner date night, maybe both, that would be my ultimate.

Matt: Well yes, both would be a dream!

● *Change Your Mind, Change Your Life With Emma and Matt Willis, BBC1, Tuesday 13 May*

Date night is important for the busy couple

By Cecile Metcalf, **Pictures** BBC, Getty Images, Instagram

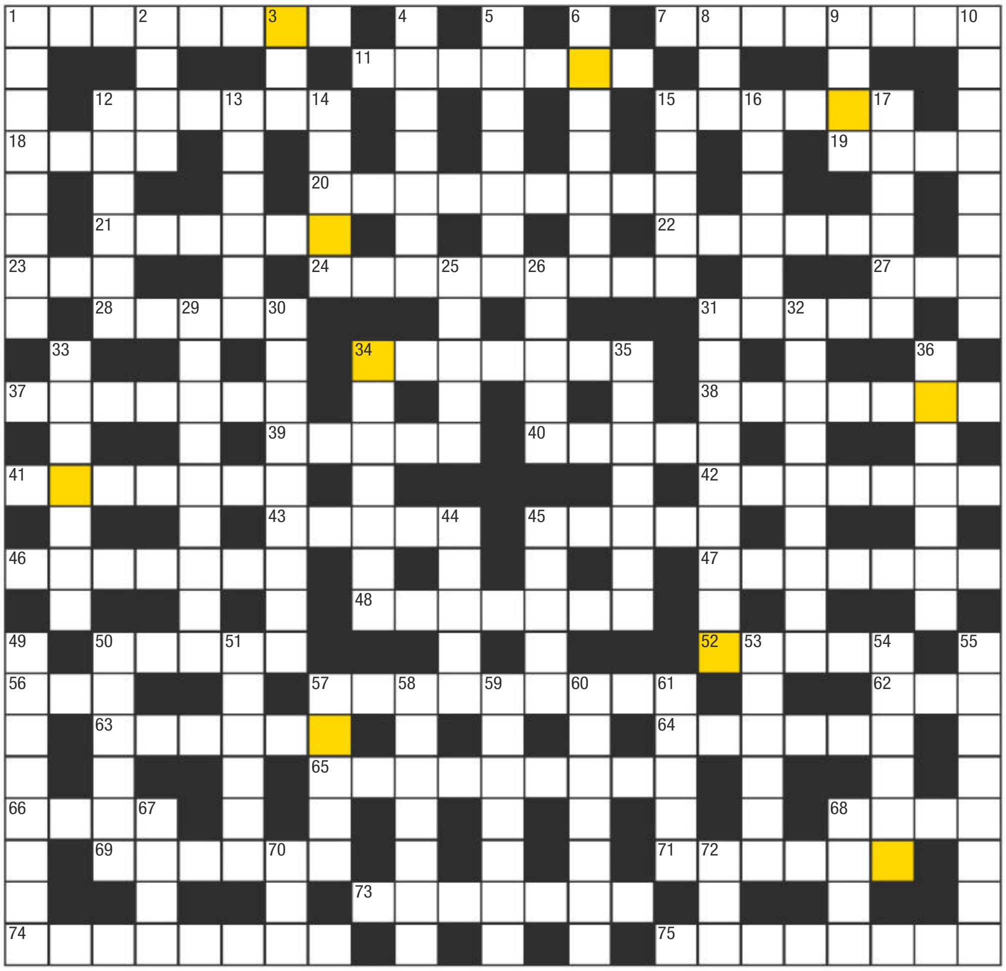
Puzzles

YOU could be in with a chance of winning £200

PRIZE crossword

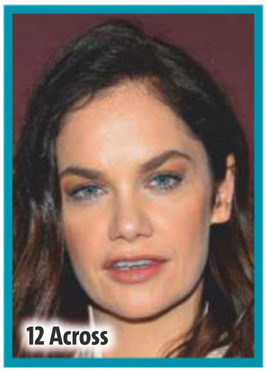
WIN £200

Solve the crossword to find, reading from top to bottom in the shaded squares, the name of an American music star. This is your competition entry answer. See the 'How to enter' panel, below right.



Across

1 Capital of Hawaii (8)
7 Neutral paint shade, or a film starring Tom Cruise (8)
11 *Dragons' Den* investor, --- Meaden (7)
12 Ruth ---, actress who played Emily Maitlis in a *A Very Royal Scandal*, pictured below (6)
15 Tennis champion and sister of Venus, --- Williams (6)
18 Children's writer, --- Blyton (4)

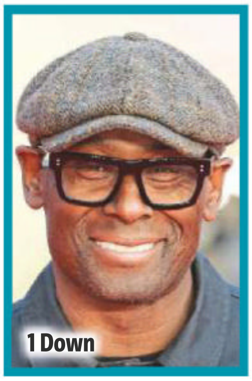


12 Across

19 Blackthorn fruit used to flavour gin (4)
20 *Detectorists* star, --- Crook (9)
21 *Stone Cold Sober* singer, --- Faith (6)
22 Mystery, riddle (6)
23 Grease (3)
24 Common weed with yellow flowers used to make wine (9)
27 Japanese currency unit (3)
28 Young eel (5)
31 Mythical king with a golden touch! (5)
34 Regional language (7)
37 Took a breath (7)
38 Sound measurement unit (7)
39 Picture (5)
40 *Everybody* ---, song by R.E.M. (5)
41 Annual publication (7)
42 Divert attention away from someone and on to yourself (7)
43 Top of the milk (5)
45 Poppy-derived drug (5)
46 Mental distress (7)
47 --- Lipman, Evelyn Plummer in *Corrie* (7)
48 Ten-sided shape (7)
50 Statement of beliefs (5)
52 Electronic navigation and location system (5)
56 Paddle (3)
57 Amount left over (9)
62 Historical period (3)
63 *The* ---, mockumentary series starring Ricky Gervais as David Brent (6)
64 Plant such as an onion or leek (6)
65 Comic who hosted *Blankety Blank* after Terry Wogan (3,6)
66 Self-satisfied (4)
68 Supreme Norse god (4)
69 Fortified wine (6)
71 Vigour (6)
73 Cretan princess who helped Theseus escape the Minotaur (7)
74 Desire for food (8)
75 *I'm A* ---, hit for the Monkees (8)

Down

1 David ---, *Happy Face* actor, pictured below right (8)
2 Comedian and star of *The Change*, --- Djalili (4)
3 Zodiac Lion (3)
4 Water bird with a large throat pouch (7)
5 Educational establishment (7)
6 Whirlpool bath (7)
8 Real beer? (3)
9 Possesses (4)
10 Actress, --- Jolie (8)
12 Nun's headdress (6)
13 Alarm clock button (6)
14 Wandering tribesperson (5)
15 Michael ---, Welsh not-for-profit actor (5)
16 Port and resort in NE Italy (6)
17 Whitney Houston hit, *I Will --- Love You* (6)
25 Philomena Cunk actress, --- Morgan (5)
26 Bloodsucking worm (5)
29 Saint with a feast day on 14 February (9)
30 Red-leaved salad vegetable (9)
31 *A --- Night's Dream*, Shakespeare play (9)
32 Sausage dog (9)
33 Freddy Krueger in *A Nightmare On Elm Street*, Robert --- (7)
34 No through road (4,3)
35 Twisting effect (7)
36 Barry Gibb and his brothers! (3,4)
44 Chocolaty coffee drink (5)
45 Church instrument (5)
49 Greek dish with lamb and aubergines (8)
50 Source of saffron (6)
51 Kylo Ren in the *Star Wars* universe, Adam --- (6)
53 Seductive appeal (6)
54 Cure (6)
55 Vicki Vale in Tim Burton's *Batman*, Kim --- (8)
57 Team race (5)
58 Make-up for eyelashes (7)
59 From Tehran, eg (7)
60 Act of moving downwards (7)
61 Scope (5)
67 Clarified butter (4)
68 Leer at (4)
70 Decay (3)
72 Maiden name indicator (3)



1 Down

COMPETITION AND GIVEAWAY RULES Competitions open to residents of the UK (including Channel Islands and the Isle of Man), Eire or BFPOs, aged 18 or over, except Bauer Media employees, its affiliated companies, any promotional partners, or their families and anyone connected with the competitions. Enter by text, online or phone. No purchase necessary. Answers must be the product of own work. Unless expressly stated, travel expenses and spending money is not included. There is no cash alternative to prizes and no alternative holidays can be offered. Prizes are not transferable. No responsibility can be accepted for entries that are delayed, damaged, mislaid or wrongly delivered, or for any loss in service of the online entry mechanism or for entries lost, delayed or corrupted due to computer error in transit. Only one entry per person. A winning entry is the first correct answer drawn after the closing date. For a free entry, enter online at bellamagazine.co.uk. Prizewinners will be notified by post on headed paper or by official email. The results are published. Winners must agree to the publication of their names, age and photos. The Editor's decision is final and no correspondence can be entered into. Your information will only be used to administer promotions in accordance with our privacy policy. Entry implies acceptance of these rules. Promoter: H Bauer Publishing. Full T&Cs can be found at bauerlegal.co.uk/competition-terms.html

Crossword Neil Locker. **Pictures** Shutterstock

Sudoku

Fill in the blank squares with the numbers 1 to 9 so that each row, each column and each smaller 3x3 block contains all the numbers from 1 to 9.

EASY

		9						7
2			4	6				9
	8				3	1		
1		2		3		9		4
	3						6	
5		7		4		3		1
		8	7				2	
4				5	9			8
3						6		

HARD

	2				8	6		3
5	3				2		8	
				5				
				6		3	1	
4								7
	8	5		1				
				4				
	7		1				6	9
1		2	5				3	

Take A Break Sudoku magazine, containing over 80 fun-to-solve puzzles, is on sale now.

PRIZE Arrowword

WIN £200

Solve the clues, writing your answers in the directions shown by the arrows, to reveal, reading down the shaded squares, the country whose version of *The Great Pottery Throw Down* had Seth Rogen on board as a producer and guest judge. This is your competition entry answer. See the 'How to enter' panel below.

Con artist's trick	▼	Otherwise (2,4)	Make angry	▼	Jamaican sprint icon (5,4)	Ape	▼	Hunters	Bad-tempered, crotchety	Seth Rogen				
Pirate	🟨 ▶	▼	▼			▼		Member of the clergy	▼					
Operatic solo	▶				Trifling, meagre	▶		▼						
▶					Fateful date in March	▶								
Singer, --- Sandé	--- Deighton, spy writer	▶			Diplomacy	▶								
Andor actor, --- Luna	Weaken, damage		Warren ---, film star	▶		🟨								
▶	▼				Also	▶			TV watchdog	Noble title	Carved brooch	▼	Legends	▼
Sign of a new driver? (1-5)		Madness	Similar (to)		--- Flynn, film hero	▶			▼	▼	Rules as a monarch		(Of an angle) Sharp	
▶		▼	▼			Reveal (3,4)		Design, appearance	▶		▼		▼	
Extinct bird, great ---	▶			Tiny amount	Dublin's country	▼	Shrill cry	▶						
First letter	▶	🟨		▼	▼			Terrible, vile	▶					
▶							Mosaic pieces	Underhand		*Breaking Bad* star, --- Paul		Abu ---, UAE capital		Shade of grey
Bread variety	Measure of land		Money owed	▶			▼	▼	Mountain range	▶ ▼		▼		▼
▶	▼		Meadow	(Had) reclined	▶				Fire debris	🟨 ▶			Old ---, London theatre	
Period of 24 hours		Jim Carrey comedy (4,4)	▶ ▼								Actress, --- Gardner	▶	▼	
▶				Require	▶			🟨	Planet's path	▶				
At no cost		Go on to say	🟨 ▶			Stitched	▶				Frozen water	▶		

SOLUTIONS

Sudoku solutions can be found online now at bellamagazine.co.uk

ISSUE 16
PRIZE ANSWERS
Crossword
Pedro Pascal
Arrowword
Thomas

Full solutions to this week's prize puzzles can be found at bellamagazine.co.uk after the closing date: 19 May 2025

HOW TO ENTER THE PRIZE COMPETITIONS

BY PHONE: 0901 130 0237

When asked for the issue number, key in 18. Calls cost 50p per call, plus your network access charge. (UK readers only.) You must be 18 or over and have the bill payer's permission.

BY TEXT: 65115

Text BEL18 then a space followed by your name, house number or name, your postcode, then your answer(s), all separated by a space, to 65115, eg Jane Smith 10 SL5 9JN Answer(s). Texts cost 50p plus your standard network rate. Keep texts under 160 characters or you may be charged for more than one text.

● If you enter after the closing date, you will not be entered but may be charged. Not available in Eire. Please ensure your entry is completed correctly, as incorrect entries may be charged but not entered. This is not a subscription service.

● **You are automatically consenting to receive further communications about these competitions from us via SMS text. You can opt out of this at any time by texting STOP to 65115.** This will be charged at your standard network rate, but you will need to do this each time you enter the competition by text. Your personal data will (regardless of whether you opt out) always be used to process your entry. For further information, see general terms and privacy policy at Bauerdatapromise.co.uk.

● Lines close at 11.59pm on 19 May 2025.

Phone UK SP: Spoke (0333 202 3390). Text SP: Bauer Media. Email smshelp@bauermedia.co.uk or call 0330 159 2525.

OR ENTER ONLINE:

Bellamagazine.co.uk

For full solutions and winners' details, visit bellamagazine.co.uk

Continued over the page...

Puzzles contin

BITS & PIECES

We've taken a completed crossword puzzle and cut it up to give 24 pieces. Your task is to rebuild the puzzle with the help of the piece that we've already placed in the grid.

■	A	■									
E	V	O									
■	I	■									

A	■	O
B	A	R
■	C	■

G	■	C
H	■	L
T	R	E

S	O	C
■	L	■
T	I	T

■	U	■
U	S	E
■	E	■

I	■	L
B	L	O
E	■	W

■	E	■
O	R	M
A	■	■

R	O	W
■	B	■
A	T	E

K	E	T
E	■	U
B	I	T

B	A	M
■	R	■
C	Y	C

O	R	G
■	I	■
A	D	L

G	■	V
L	V	E
O	■	N

■	S	■
E	E	R
X	■	U

■	O	■
N	I	F
■	N	■

A	■	C
K	A	T
■	N	■

T	O	M
R	■	B
A	P	A

C	L	E
R	■	J
E	■	E

B	O	O
A	■	M
L	E	■

■	■	A
B	A	R
■	B	■

B	O	Y
■	T	■
T	H	Y

■	T	H
B	■	O
R	E	L

■	~~A~~	■
~~E~~	~~V~~	~~O~~
■	~~I~~	■

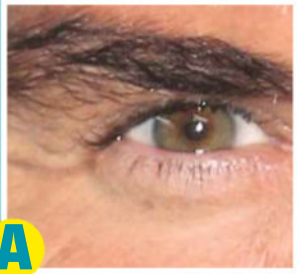
■	S	■
R	H	U
I	■	N

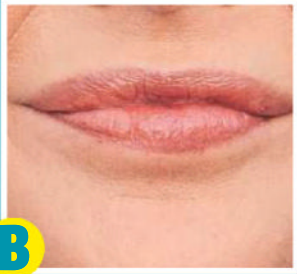
E	H	I
■	O	■
U	R	S

■	L	■
R	I	E
■	T	■

GUESS THE CELEB

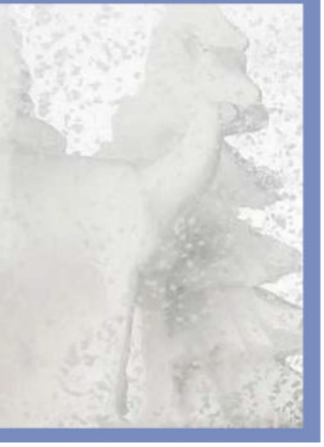
Can you name these stars by seeing close ups of their famous faces?





WHAT ON EARTH?

Can you guess what everyday object this super zoomed in photo shows?



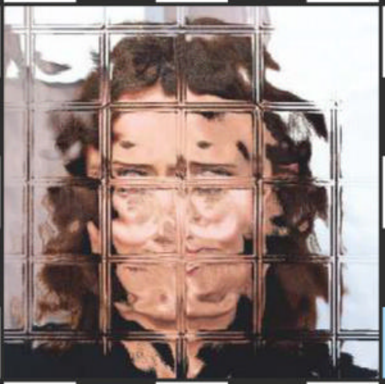
ROUND SUM

Work out the solution to the sum by following the instructions contained within the arrow.

44
HALVE IT
x8
÷11
DOUBLE IT
-3
+13
÷7
x3
+26
☐

CODEBREAKER

When you've solved this codebreaker, the identity of our disguised celebrity will be revealed in the shaded squares. Then, the same code will help you complete the lower grid and read a mystery fact about them.

■	11	■	8	■	15	19	20	■	20	■	16	■	7	■
23	5	8	2	24	18	■	9	20	3	15	13	2	5	24
■	9	■	26	■	20	■	20	■	12	■	22	■	19	■
4	20	10	■	18	24	15	6	21	20	26	■	1 F	2 I	3 X
■	6	■	15	■	13	■	22	■	21	■	14	■	24	■
16	13	15	10	12						23	25	26	18	20
14	■	■	7	■						■	15	■	■	21
25	24	17	2	12						15	16	2	26	20
2	■	■	20	■						■	4	■	■	11
7	5	25	24	26						22	20	15	16	13
■	8	■	13	■	21	■	11	■	26	■	26	■	4	■
5	15	1	■	19	15	16	4	20	6	16	■	7	5	3
■	12	■	1	■	13	■	20	■	2	■	1	■	19	■
19	2	6	20	21	20	16	16	■	1	6	5	17	20	24
■	16	■	26	■	3	■	16	20	13	■	3	■	6	■

A B C D E ~~F~~ G H ~~I~~ J
K L M N O P Q R S
T U V W ~~X~~ Y Z

1	2	3	4	5	6	7	8	9	10	11	12	13
F	I	X										
14	15	16	17	18	19	20	21	22	23	24	25	26

9	5	2	11	20	26	■	21	15	6	15	■	11	6	5	1	13	■	2	24	■	13	4	20
						■					■						■			■			

13	5	10	7	■	6	15	2	26	20	6	■	9	2	26	20	5	■	18	15	10	20
				■							■						■				

Pictures Shutterstock

Continued over the page...

Puzzles contin

YOU SNOOZE, YOU LOSE

Take a well-earned rest after locating all of these words that contain 'bed', 'nap' or 'cot'.

E	L	Z	Z	A	D	E	B	D	K	B	D	E	F	D	D	U	D	D	P
W	H	M	V	Y	E	Z	E	Q	E	J	E	T	C	E	A	I	E	X	O
N	E	T	S	R	B	B	G	D	E	B	B	A	J	B	E	B	B	I	A
A	C	E	I	S	I	T	R	A	G	E	I	I	S	R	T	N	I	R	D
R	A	D	O	R	R	O	H	G	A	S	R	R	U	U	S	E	R	L	E
C	A	I	C	U	C	B	O	T	T	T	C	P	C	T	D	O	C	L	P
O	E	S	U	K	S	O	P	H	T	A	S	O	C	S	E	R	S	T	P
T	N	N	N	M	N	Y	S	A	O	B	E	R	U	I	B	P	E	A	A
I	E	P	A	N	A	C	C	R	C	B	R	P	M	D	I	U	D	B	N
C	T	L	P	R	R	O	O	I	Y	E	P	P	B	D	B	U	S	O	S
N	S	N	P	E	T	T	T	C	T	D	C	A	E	I	B	O	H	L	S
O	R	N	E	A	T	T	C	O	S	L	M	N	D	B	R	P	A	E	U
G	F	S	T	I	M	T	H	T	I	B	N	I	E	B	S	D	O	T	I
H	U	N	I	A	D	S	N	U	B	B	E	D	E	I	C	R	E	N	D
T	C	E	S	A	P	E	V	R	O	I	K	D	B	E	D	S	I	D	E
R	A	C	I	A	W	B	B	N	A	G	R	E	T	O	C	E	V	O	D
E	O	Y	N	S	T	E	O	O	N	I	C	O	T	I	N	E	B	P	D
T	U	S	G	C	T	I	E	S	S	A	L	I	N	S	M	O	R	O	P
H	E	U	Q	E	H	T	O	C	S	I	D	I	C	T	L	E	E	A	R
G	N	I	P	P	A	N	O	G	A	R	D	P	A	N	S	M	N	D	U

ABSORBED
BEDAZZLE
BEDROCK
BEDSIDE
BEDSTEAD
BEDTIME
BOYCOTT
CANAPE
COTTAGE
DESCRIBED
DISCOTHEQUE
DISOBEDIENT
DISTURBED
DOVECOTE
DUBBED
HARICOT
HOPSCOTCH
INAPPROPRIATE
INSCRIBED
JABBED
MASCOT
NAPPING
NARCOTIC
NICOTINE
OBEDIENCE
PRESCRIBED
SNAPDRAGON
SNAPPED
SNAPSHOT
SNUBBED
STABBED
SUBSCRIBED
SUCCUMBED
TRANSCRIBED
UNAPPETISING

ued...

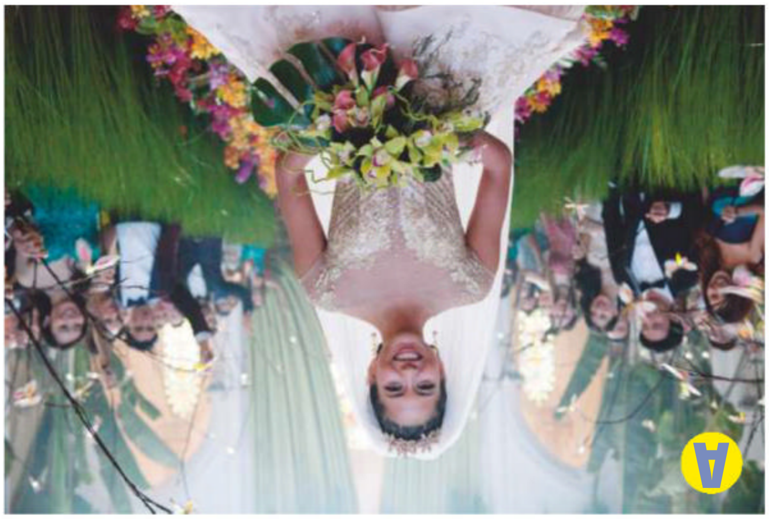
KILLER SUDOKU

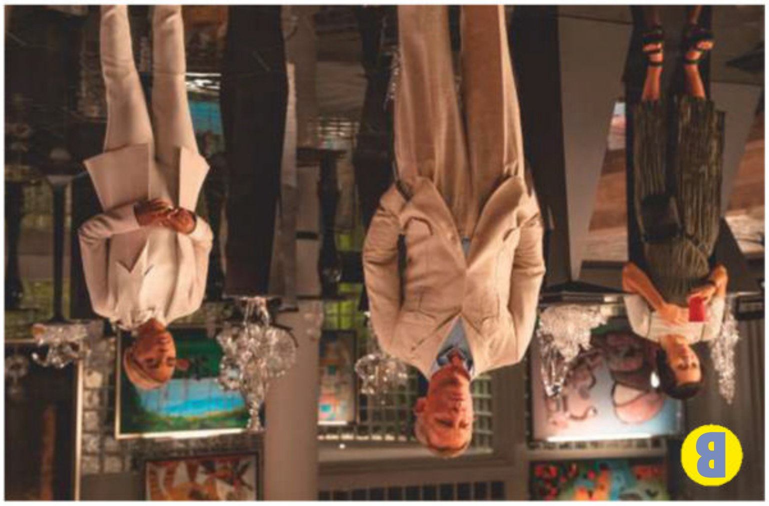
Killer Sudoku is based on the traditional sudoku grid and every column, every row and every 3x3 box must contain the digits 1 to 9. But there's a twist – the dotted squares must be filled with numbers that add up to that in the left corner.

9	15		12	5	6	11	5	
5	4	4		3			15	
8			7	12			5	11
15	5	15	4		8	17	6	
	10		9	8			8	
4				16			8	4
		18	17		5	4	8	
6	17		8	7		9		7
				1	21			3

GUESS THE MOVIE

Can you name these famous films from looking at just one scene?





Pictures Shutterstock

THIS WEEK'S SOLUTIONS

BITS & PIECES

	A		G		V	E	H	I	C	L	E
E	V	O	L	V	E		O		R		J
	I		O		N	U	R	S	E		E
B	A	M	B	O	O		S		A		C
	R		A		M	E	E	R	K	A	T
C	Y	C	L	E		X		U		N	
		A		L		T	O	M	B	O	Y
B	A	R	R	I	E	R		B		T	
	B			T		A	P	A	T	H	Y
S	O	C	K	E	T		O			E	
	L		E		U	N	I	F	O	R	M
T	I	T	B	I	T		N		A		
	S		A		O		T	H	R	O	W
R	H	U	B	A	R	B		O		B	
I		N		C		R	E	L	A	T	E
G		C	O	R	G	I		L		U	
H		L		I		B	L	O	U	S	E
T	R	E	A	D	L	E		W		E	

GUESS THE CELEB

A David Beckham

B Meg Ryan

WHAT ON EARTH?

Snow globe

ROUND SUM

44

CODEBREAKER

1	2	3	4	5	6	7	8	9	10	11	12	13
F	I	X	H	O	R	B	K	V	M	C	P	T
14	**15**	**16**	**17**	**18**	**19**	**20**	**21**	**22**	**23**	**24**	**25**	**26**
Q	A	S	Z	G	W	E	L	Y	J	N	U	D

	C		K		A	W	E		E		S		B	
J	O	K	I	N	G		V	E	X	A	T	I	O	N
	V		D		E		E		P		Y		W	
H	E	M		G	N	A	R	L	E	D		F	I	X
	R		A		T		Y		L		Q		N	
S	T	A	M	P						J	U	D	G	E
Q			B								A			L
U	N	Z	I	P						A	S	I	D	E
I			E								H			C
B	O	U	N	D						Y	E	A	S	T
	K		T		L		C		D		D		H	
O	A	F		W	A	S	H	E	R	S		B	O	X
	P		F		T		E		I		F		W	
W	I	R	E	L	E	S	S		F	R	O	Z	E	N
	S		D		X		S	E	T		X		R	

Celebrity Keeley Hawes **Fact** Voiced Lara Croft in the Tomb Raider video game.

WORDSEARCH

E	L	Z	Z	A	D	E	B	D	K	B	D	E	F	D	D	U	D	D	P
W	H	M	V	Y	E	Z	E	Q	E	J	E	T	C	E	A	I	E	X	O
N	E	T	S	R	B	B	G	D	E	B	B	A	J	B	E	B	B	I	A
A	C	E	I	S	I	T	R	A	G	E	I	I	S	R	T	N	I	R	D
R	A	D	O	R	R	O	H	G	A	S	R	R	U	U	S	E	R	L	E
C	A	I	C	U	C	B	O	T	T	T	C	P	C	T	D	O	C	L	P
O	E	S	U	K	S	O	P	H	T	A	S	O	C	S	E	R	S	T	P
T	N	N	N	M	N	Y	S	A	O	B	E	R	U	I	B	P	E	A	A
I	E	P	A	N	A	C	C	R	C	B	R	P	M	D	I	U	D	B	N
C	T	L	P	R	R	O	O	I	Y	E	P	P	B	D	B	U	S	O	S
N	S	N	P	E	T	T	T	C	T	D	C	A	E	I	B	O	H	L	S
O	R	N	E	A	T	T	C	O	S	L	M	N	D	B	R	P	A	E	U
G	F	S	T	I	M	T	H	T	I	B	N	I	E	B	S	D	O	T	I
H	U	N	I	A	D	S	N	U	B	B	E	D	E	I	C	R	E	N	D
T	C	E	S	A	P	E	V	R	O	I	K	D	B	E	D	S	I	D	E
R	A	C	I	A	W	B	B	N	A	G	R	E	T	O	C	E	V	O	D
E	O	Y	N	S	T	E	O	O	N	I	C	O	T	I	N	E	B	P	D
T	U	S	G	C	T	I	E	S	S	A	L	I	N	S	M	O	R	O	P
H	E	U	Q	E	H	T	O	C	S	I	D	I	C	T	L	E	E	A	R
G	N	I	P	P	A	N	O	G	A	R	D	P	A	N	S	M	N	D	U

KILLER SUDOKU

9	7	8	3	5	6	2	4	1
5	4	3	9	2	1	6	7	8
6	2	1	7	8	4	3	5	9
7	5	4	1	3	8	9	6	2
8	1	9	4	6	2	7	3	5
3	6	2	5	7	9	1	8	4
1	3	7	8	9	5	4	2	6
2	9	5	6	4	3	8	1	7
4	8	6	2	1	7	5	9	3

GUESS THE MOVIE

A Crazy Rich Asians

B Glass Onion: A Knives Out Mystery

*NB for Prize Puzzles information, see page 53

HAVING A BALL!

These celebs love to serve at Wimbledon

EMMA WATSON
The 35-year-old has a special place in our hearts after playing Hermione Granger in the *Harry Potter* films, and it's clear that tennis has a special place in hers, based on this picture from 2023.

ANNA WINTOUR
The 75-year-old *Vogue* editor-in-chief is frequently spotted sitting courtside. She's also a close friend of Roger Federer and wrote an emotional tribute to him in *Vogue* following his retirement.

ZENDAYA
The *Challengers* actress, 28, couldn't help but grimace while she sat courtside at the Wimbledon men's final – although she still managed to look flawless.

KATE WINSLET
The *Titanic* star, 49, frequently attends the iconic London tournament. Perhaps a tennis-related role could be in her future?

DAVID BECKHAM
Of course, David's love of football has been well documented, but the father of four, 50, is also a keen tennis fan and has attended Wimbledon multiple times.

MEGHAN MARKLE
The Duchess of Sussex, 43, has attended the US Open in the past to support close pal of over a decade, tennis legend Serena Williams.

BELLA AND GIGI HADID
The supermodel sisters sometimes swap the runway for the tennis court. Gigi, 30, and her younger sister Bella, 28, are regular attendees at the US Open and don't hold back when expressing their love of the game.

KATE MIDDLETON AND PRINCESS CHARLOTTE
What better day out for mother-daughter bonding than Wimbledon? Princess Kate, 43 – who is the royal patron of the All England Lawn Tennis and Croquet Club – and her daughter were engrossed while watching the men's final at Centre Court.

By Sarah O'Byrne, **Pictures** Getty

I Love You To The Moon & Back

Illuminated Lantern

I Love You
To The Moon
& Back

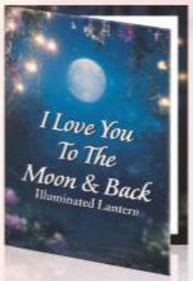
Illuminated moon and fairy wings

•

Impressive 10 inches tall

•

Includes a Moonlight Fairy story card



Shown smaller than actual size of 10 inches (25.4 cm) in height

In a dreamlike world above the clouds, the Moonlight Fairy gathers silvery beams from the crescent moon, weaving them into twinkling stars that shine with love in the sky. This celestial story is captured in the *'I Love You to the Moon & Back' Illuminated Lantern* – available exclusively from The Bradford Exchange.

Own this illuminated lantern with built in timer.

Expertly handcrafted, this sculptural lantern features a glowing moon and enchanting Moonlight Fairy sitting on soft clouds amidst pearlescent blossoms. Illuminate the sculpture to create a dreamy ambience with gentle moonlight operated by a built-in, five-hour timer. At the base, a heartfelt message is encircled in a golden frame – a timeless reminder that love shines all around us.

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www.bradford.co.uk/fairylantern

***Or call on* 0333 003 0019**

Lines are open: Mon-Thurs 10-6 Fri 9-5 Sat 9-4

and quote reference code 463947

PAY NOTHING NOW

PRIORITY ORDER FORM

Please Respond Promptly

To: The Bradford Exchange, PO Box 653, Stoke-on-Trent ST4 4RA

YES! Please order __ (Qty) of the **'I LOVE YOU TO THE MOON & BACK' ILLUMINATED LANTERN** for me as described in this advertisement.

Complete today or Call 0333 003 0019

Title.................... Name.. (PLEASE PRINT)

Address..

....

Postcode.............................. Phone...

Email Address...

Applicants must be aged 18 or over. Please note, we may contact you via mail, email and mobile with information about your reservation. For details of our privacy policy, please go to www.bradford.co.uk/privacypolicy or contact us at the above address or phone number.

TU25-005.01

Order Ref:463947

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AirRAM Platinum

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With a powerful motor optimizing air flow and Gtech's unique AirLOC technology, the **AirRAM Platinum** effortlessly lifts dirt and dust from your floors, leaving them immaculately clean, and Anti Hair Wrap technology keeps the brush bar tangle free.

Cordless, lightweight and with a slim profile, glide easily around, underneath furniture, and into tight spaces, all with an impressive run time of 60 minutes*.

Emptying your **AirRAM Platinum** is easy too; with no more messy bags, eject the dirt with a simple slide.

WAS ~~£369.99~~
NOW
£269.99
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AirRAM Platinum

Forward Inertia Drive
Enhanced with Forward Inertia Drive, the **AirRAM Platinum** glides forward effortlessly – cleaning your home has never been easier.

Anti Hair Wrap Technology
The **AirRAM Platinum**'s built-in comb keeps the brush bar clean, so hair and dust go straight into the bin, keeping your vacuum performing at its best.

Strengthened with Aluminium
We've strengthened our **AirRAM Platinum** with aluminium to help it withstand the extra strain of busy homes and pets.

Easy-Empty Bin
The **AirRAM Platinum** efficiently compresses dirt and hair as you vacuum. All you need to do is remove the bin and empty it with a simple slide.

LED Headlights
With smart LED headlights at the front of the **AirRAM Platinum,** dirt has nowhere to hide. Cover more area for spotless results.

"The stormtrooper of vacuum cleaners"
The Platinum AirRAM really is the stormtrooper of cordless vacuum cleaners. Its sleek white and purple design, its incredible suction power, its lightweight nimble agility and easy emptying facility, coupled with lavender scent-releasing capsules makes this appliance an absolute must for every houseproud cleaner!
Jo D ★★★★★

"The best hoover I have ever had"
"The best hoover I have ever had, not a single fault. Terrific suction. Fantastic and well worth the initial outlay."
Mrs A ★★★★★

Includes Speed Cleaning Kit

With the Speed Cleaning Kit included, you can do even more with your **AirRAM Platinum**. The detachable duster is perfect for cobwebs and behind TVs, while the speed-clean handle easily converts your upright to a handheld, making light work of stairs and upholstery.

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